

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

SUMMER 2018
July 2-September 14



Register online:
seattle.gov/parks
May 22 at Noon



Come Play with Us!

Welcome to Lifelong Recreation!

SUMMER Quarter 2018
July 2-September 14

No Programs and Facilities closed on:

- July 4 Independence Day
- September 3 Labor Day

Registration begins at noon, May 22, 2018.

Detailed registration information is found on pages 50-51.

No
Membership
Fees!

Seattle Parks Lifelong Recreation Staff



For over 42 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

You will notice a small fee increase to many of our trips and fitness classes. We want to provide you with the best possible experience, at an affordable price. In order to cover our cost, it was necessary to increase our fees. Did you know that we offer scholarships to those who qualify? See page 50 for details.

ADA Upgrades

We have been upgrading several community centers for accessibility related to the Americans with Disabilities Act (ADA). Upgrades at Delridge, Garfield, Lake City, Meadowbrook, and Ravenna-Eckstein are complete; inside/outside work at Miller is still ongoing, as well as upgrades at Ballard and Alki. This work may temporarily affect our programs and participants in terms of parking, bathrooms, noise, and dust. Thank you for your patience during the work!

E-Newsletter...

Receive the Lifelong
Recreation Newsletter!

Go to [www.seattle.gov/parks/
find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))
and add your email address.



Cover photo:

Tai Chi is offered outdoors in some sectors in the summer, like this one at Green Lake.

Most photos courtesy of Ryan Hawk Photography.

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Mondays are my Favorite Days!

I retired a couple of years ago, and I decided to get involved in some learning activities just for fun. This fall, I took two EnhanceFitness exercise classes, a writing class (Legacy Writing), and a printmaking class (Seniors Creating Art/Printmaking). I was grateful that all of the class facilitators were knowledgeable and FUN. My writing class and printmaking classes were on Mondays, and I began to look forward to beginning my week so creatively. The fitness classes held on Wednesday and Friday afternoons kept me in shape, and were also so enjoyable. However, the support of Emily Steelquist (AmeriCorps Volunteer) and of the agency itself in providing accommodations for my inability to hear well was something that really struck me as their living their mission to provide recreation activities for all people. I felt included.

I met some wonderful people, and continued to engage in the writing process class in winter and will sign up for spring also. I hope that other Seattleites will appreciate all the work so many people have put into these opportunities, and will join and participate in the low cost programs. I cannot recommend Seattle Parks and Recreation more highly, and I hope to see some of you there! And I hope to continue to take another class on Monday afternoons (after the writing class) to have that great feeling of "It's Monday—my favorite day!"

Chris Grant



COMMUNITY CENTER LOCATIONS



Pages
12-17

Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

Pages
18-23

Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY
12531 28th Ave. NE, 98125
tel: 206-218-5298
7) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

**8) MAGNUSON PARK
Community Center**
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

9) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
10) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
11) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

Pages
24-30

Central

Angela P. Smith, Recreation Specialist
206-684-4240 / cell 206-450-9522 / angelap.smith@seattle.gov

12) BELLTOWN CC
415 Bell St., 98121
tel: 206-684-7245
13) CAL ANDERSON
1635 11th Ave., 98122
tel: 206-684-4075
14) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788

**15) INTERNATIONAL DISTRICT /
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042
16) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

17) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736
18) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
31-35

Southwest

John Hasslinger, Interim Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

19) ALKI CC
5817 SW Stevens St., 98116
tel: 206-684-7430
20) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423

21) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441
22) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422

23) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451
24) SOUTHWEST CC
2801 SW Thistle St., 98112
tel: 206-684-7438

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36-39

Southeast

Derryn Anderson, Interim Recreation Specialist
206-684-7484 / cell 206-310-8163 / derryn.anderson@seattle.gov

25) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481
26) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919

27) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925
28) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921

29) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

Pages
10, 40-45

Signature Programs

**Sound Steps Walking Program
and Food and Fitness**
Tamara Keefe: 206-684-4664
cell 206-399-4655
sound.steps@seattle.gov

Dementia-Friendly Recreation
Cayce Cheairs: 206-615-0100
cell 206-786-2365
cayce.cheairs@seattle.gov

Adult Sports
Jayson Powell: 206-684-7092
cell 206-295-2465
jayson.powell@seattle.gov

Explore, create, and connect at

CAMP MOMENTIA



Enjoy fun activities, lunch, a singalong, and s'mores around the campfire! This is a day camp experience for people with memory loss, family, and friends.

WHEN: Saturday, 9/15, 10 a.m.-3 p.m.
or
Sunday, 9/16, 10 a.m.-3 p.m.

WHERE: Camp Long, 5200 35th Ave. SW

COST: \$20 includes van transportation, see page 40 for details.

Save the date!

FREE
EVENT!

BIG DAY OF PLAY



Fun activities, food trucks,
and free transportation!

bigdayofplay.com
facebook.com/bigdayofplay



Seattle
Parks & Recreation



JOIN US
For an Age Friendly Seattle
Pedestrian Potluck
+ Mobility Fair!

WHEN
Tuesday, 9/18
11 a.m.-1 p.m.

WHERE
Alki Beach Park Bathhouse
2701 Alki Ave. SW
Seattle, WA 98116

See page 43 for details!

Progressive Picnic

MENU

Cost: \$20 all inclusive

Date: Wednesday, 9/12
9:30 a.m.-4 p.m.

Appetizers & Drinks: at Carkeek Park
BBQ Lunch: at Golden Gardens
Dessert: at Green Lake

...and on the side:

At each site enjoy a bit of park history,
live music, and activities!

Transportation provided from your sector
with limited spaces. See pages 13, 18, 25,
33, and 37 for details.

SENIOR AEROBICS				
Video Link: https://youtu.be/3RyasavedEE				
181565	Mon	11 a.m.-Noon	Northgate	\$50
180946	Tue	9:30-10:30 a.m.	Magnolia	\$32
180908	Wed	8:30-9:30 a.m.	Jefferson	\$41
180945	Thu	9:30-10:30 a.m.	Magnolia	\$32
ARTHRITIS EXERCISE PROGRAM				
180916	Thu	9:30-10:30	Queen Anne	\$45
BODY CONDITIONING				
Video Link: https://youtu.be/mHL23iTXdQ8				
180947	Tue	10:50-11:50 a.m.	Bitter Lake	\$50
CHINESE DANCE: DROP-IN				
	Thu	10 a.m.-1 p.m.	IDCC	\$3/\$2
CIRCUIT TRAINING				
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM				
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0				
180951	Tue	9:30-10:30 a.m.	Loyal Heights	\$32
180921	Tue	9:30-10:30 a.m.	Queen Anne	\$50
180920	Tue	10:45-11:45 a.m.	Queen Anne	\$50
180952	Wed	9:30-10:30 a.m.	Loyal Heights	\$32
180950	Thu	9:30-10:30 a.m.	Loyal Heights	\$32
180919	Thu	9:30-10:30 a.m.	Queen Anne	\$50
180918	Thu	10:45-11:45 a.m.	Queen Anne	\$50
180949	Fri	10-11 a.m.	Bitter Lake	\$32
ENHANCE FITNESS				
181104	Mon	8-9 a.m.	Kaiser Perm.	\$45
181270	Mon	9-10 a.m.	Lake City	\$45
180909	Mon	9:15-10:15 a.m.	Rainier	\$50
181106	Mon	9:15-10:15 a.m.	Kaiser Perm.	\$45
181105	Mon	10:30-11:30 a.m.	Kaiser Perm.	\$45
180954	Mon	12:30-1:30 p.m.	Magnolia	\$55
181107	Mon	2-3 p.m.	Kaiser Perm.	\$45
181108	Mon	3:15-4:15 p.m.	Kaiser Perm.	\$45
181118	Tue	8-9 a.m.	Kaiser Perm.	\$50
181263	Tue	8-9 a.m.	Mag Bldg 30	\$50
181264	Tue	9-10 a.m.	Mag Bldg 30	\$50
181119	Tue	9:15-10:15 a.m.	Kaiser Perm.	\$50
181117	Tue	10:30-11:30 a.m.	Kaiser Perm.	\$50
181266	Tue	1:30-2:30 p.m.	Northgate	\$11
181120	Wed	8-9 a.m.	Kaiser Perm.	\$45
181271	Wed	9-10 a.m.	Lake City	\$45
180910	Wed	9:15-10:15 a.m.	Rainier	\$50
181123	Wed	9:15-10:15 a.m.	Kaiser Perm.	\$45
181124	Wed	10:30-11:30 a.m.	Kaiser Perm.	\$45
180955	Wed	12:30-1:30 p.m.	Magnolia	\$55
181268	Wed	1:30-2:30 p.m.	Northgate	\$9
181121	Wed	2-3 p.m.	Kaiser Perm.	\$45
181122	Wed	3:15-4:15 p.m.	Kaiser Perm.	\$45
181115	Thu	8-9 a.m.	Kaiser Perm.	\$50
181265	Thu	9-10 a.m.	Mag Bldg 30	\$50
181116	Thu	9:15-10:15 a.m.	Kaiser Perm.	\$50
180911	Thu	10-11 a.m.	Rainier	\$50
181114	Thu	10:30-11:30 a.m.	Kaiser Perm.	\$50
181267	Thu	1:30-2:30 p.m.	Northgate	\$11
181097	Fri	8-9 a.m.	Kaiser Perm.	\$50

181269	Fri	9-10 a.m.	Lake City	\$50
181099	Fri	9:15-10:15 a.m.	Kaiser Perm.	\$50
180912	Fri	9:15-10:15 a.m.	Rainier	\$50
181100	Fri	10:30-11:30 a.m.	Kaiser Perm.	\$50
180953	Fri	12:30 -1:30 p.m.	Magnolia	\$60
181101	Fri	2-3 p.m.	Kaiser Perm.	\$50
181102	Fri	3:15-4:15 p.m.	Kaiser Perm.	\$50
EXERCISE TO IMPROVE BALANCE				
181274	Mon	10:30 -11:20 a.m.	Meadowbrook	\$45
FABULOUSLY FIT				
180957	Mon	8-9 a.m.	Magnolia	\$55
180958	Wed	9-10:15 a.m.	Magnolia	\$62
180956	Fri	8-9 a.m.	Magnolia	\$55
FIT AND STRONG				
181125	T/Th	2:45-4:15 p.m.	Miller	\$75
FITNESS AT ALKI				
180902	Wed	10-11 a.m.	Alki	\$41
FITNESS ROOM FOUNDATION + MORE				
181595	Tue	11:30 a.m.-12:30 p.m.	Northgate	\$33
FIT PLUS				
181594	Thu	8-9 a.m.	Mag Bldg 30	\$55
FUN FIT				
TBD	Tue	6-7 p.m.	Meadowbrook	\$55
TBD	Thu	6-7 p.m.	Meadowbrook	\$55
JUICY JOINTS - INTERMEDIATE				
Video Link: https://youtu.be/Jl3t5-3FhH4				
180973	Tue	9:05-10:05 a.m.	Bitter Lake	\$50
180974	Thu	9:05-10:05 a.m.	Bitter Lake	\$50



LINE DANCE				
Video Link: https://youtu.be/n4CVebDKpDg				
All Levels				
182280	Tue	10:15-11:15 a.m.	Hiawatha	\$27
182278	Tue	6:30-7:30 p.m.	Alki	\$41
180936	Thu	6:15-7:15 p.m.	Queen Anne	\$45
Beginner				
180976	Mon	Noon-1 p.m.	Bitter Lake	\$45
181573	Wed	12:45-1:30 p.m.	Mag Bldg 30	\$34
181111	Thu	11:30 a.m.-12:30 p.m.	Van Asselt	\$45
181257	Thu	6:45-7:45 p.m.	Mag Bldg 30	\$50
Advanced-Beginner				
180975	Mon	10-10:45 a.m.	Bitter Lake	\$34
181261	Tue	6:30-7:30 p.m.	Mag Bldg 30	\$50
181572	Wed	Noon-12:45 p.m.	Mag Bldg 30	\$34
181110	Thu	12:30-1 p.m.	Van Asselt	\$25
181113	Fri	10-11 a.m.	Jefferson	\$50
181272	Fri	9:30-10:30 a.m.	Rav-Eck	\$50
Intermediate				
180977	Mon	10:45-11:45 a.m.	Bitter Lake	\$45
181576	Wed	10-11 a.m.	Mag Bldg 30	\$45
181577	Wed	11 a.m.-Noon	Mag Bldg 30	\$45
181112	Thu	1-2 p.m.	Van Asselt	\$45
Drop-In Line Dance				
	M/ F	11 a.m.-12:30 p.m.	IDCC	\$3/\$2
MINDS IN MOTION				
180937	Mon	2-3 p.m.	Miller	\$23

NIA				
Nia at Northgate Session 1: 7/12-8/9				
181212	Thu	5-6 p.m.	Northgate	\$50
Nia at Northgate Session 2: 8/16-9/13				
181213	Thu	5-6 p.m.	Northgate	\$50
181214	Fri	10-11 a.m.	Meadowbrook	\$70
NIA MOVING TO HEAL				
181215	Fri	11:15 a.m.-12:15 p.m.	Meadowbrook	\$38
PARKINSON'S PROGRAMS				
Dance				
180922	Thu	11 a.m.-12:30 p.m.	Garfield	Free
PILATES				
Video Link: https://youtu.be/C6iGDgezc3M				
180986	Mon	11:30 a.m.-12:30 p.m.	Loyal Heights	\$45
181550	Tue	11:30 a.m.-12:30 p.m.	Rav-Eck	\$50
181549	Wed	11:30 a.m.-12:30 p.m.	Northgate	\$50
181554	Thu	11:30 a.m.-12:30 p.m.	Mag Bldg 30	\$50
ROCKING AND A ROLLING SENIOR DANCE PARTY				
182281	Mon	10-11 a.m.	Alki	\$18
182282	Tue	10-11 a.m.	Alki	\$18
180992	Wed	10:30-11:30 a.m.	Magnolia	\$18
180990	Fri	10:30-11:30 a.m.	Magnolia	\$18
STRENGTH AND BALANCE CIRCUIT TRAINING				
180994	Tue	Noon-12:45 p.m.	Green Lake	\$27
180995	Thu	Noon-12:45 p.m.	Green Lake	\$27
STRENGTH AND CONDITIONING				
181555	Fri	7:30-8:30 a.m.	Laurelhurst	\$55



CHAIR STRENGTH AND TONE				
Video Link: https://youtu.be/Ujm9l1_5tnM				
180948	Mon	1:30-2:15 p.m.	Bitter Lake	\$45
SUMMER WALK AND TONE				
181129	Mon	8-9 a.m.	Rainier	\$50
181275	Mon	9-10 a.m.	Nathan Hale	\$45
181130	Wed	8-9 a.m.	Rainier	\$50
181432	Wed	9-10 a.m.	Nathan Hale	\$45
TAI CHI AND QIGONG				
Tai Chi				
Video Link: https://youtu.be/J82jluSOs5s				
All Levels				
180939	Mon	11 a.m.-Noon	Miller	\$45
180940	Tue	10-11 a.m.	Queen Anne	\$50
181562	Tue	12:30-1:30 p.m.	Mag Bldg 30	\$45
181098	Tue	12:30-1:30 p.m.	Yesler	\$45
181007	Wed	11:30 a.m.-12:30 p.m.	Green Lake	\$45
181421	Wed	5:30-6:30 p.m.	Meadowbrook	\$45
180941	Thu	10:30-11:30 a.m.	Miller	\$50
181417	Thu	1-2 p.m.	Meadowbrook	\$45
181006	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	\$41
Intermediate				
180938	Thu	12:15-1:15 p.m.	Queen Anne	\$50
Advanced				
181424	Thu	9:30-10:30 a.m.	Lake City	\$45
Drop-In Tai Chi				
	M/Th	9:30-10:30 a.m.	Rainier Beach	\$3
Tai Chi Chih® "Joy Through Movement"				
180942	M/W	Noon-1 p.m.	Miller	\$41
Tai Chi And Qigong				
181429	Wed	11:30 a.m.-12:30 p.m.	Mag Bldg 30	\$18
180904	Thu	12:15-1:15 p.m.	Delridge	\$24
182283	Fri	9:45-10:45 a.m.	High Point	\$37
181430	Fri	2:30-3:30 p.m.	Northgate	\$23
Qigong				
180989	Wed	Noon-1 p.m.	Bitter Lake	\$18
180987	Fri	12:30 a.m.-1:20 p.m.	Loyal Heights	\$41
WORLD BEAT DANCE AEROBICS				
181557	Wed	10:30-11:30 a.m.	Meadowbrook	\$50
181559	Thu	10:30-11:30 a.m.	Northgate	\$55
YOGA				
Gentle Yoga				
Video Link: https://youtu.be/-rbaj950AtE				
181233	Mon	9-10 a.m.	Meadowbrook	\$50
180966	Mon	10-11 a.m.	Loyal Heights	\$50
180923	Mon	10:30-11:30 a.m.	Miller	\$50
181250	Tue	8-9 a.m.	Laurelhurst	\$30
181126	Tue	7:50-8:50 a.m.	Montlake	\$55
182275	Tue	9-10 a.m.	Delridge	\$55
181255	Tue	10-11 a.m.	Mag Bldg 30	\$55
181260	Tue	10:15-11:15 a.m.	Northgate	\$45
180934	Tue	1:30-2:30 p.m.	Miller	\$50
181238	Wed	9-10 a.m.	Meadowbrook	\$55
180967	Wed	9:30-10:30 a.m.	Bitter Lake	\$50
181127	Thu	7:50-8:50 a.m.	Montlake	\$55

180924	Thu	9:30-10:30 a.m.	Garfield	\$55
181258	Thu	10-11 a.m.	Mag Bldg 30	\$55
180935	Thu	1:30-2:30 p.m.	Miller	\$50
181256	Thu	5:30-6:30 p.m.	Mag Bldg 30	\$55
181253	Fri	9:45-10:45 a.m.	Rav-Eck	\$55
180925	Fri	10-11 a.m.	Belltown	\$55
180965	Fri	10:15-11:15 a.m.	Loyal Heights	\$50
182276	Fri	11 a.m.-Noon	High Point	\$55
181259	Fri	12:15-1:15 p.m.	Northgate	\$55
181241	Sat	9-10 a.m.	Meadowbrook	\$45
Drop-In Gentle Yoga				
	Wed	3-4 p.m.	IDCC	\$3/\$2
Hatha Yoga				
180926	Mon	10-11 a.m.	Queen Anne	\$50
180928	Wed	11 a.m.-Noon	Queen Anne	\$50
Vini Yoga				
180943	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	\$55
181008	Wed	10:30-11:30 a.m.	Loyal Heights	\$50
181009	Fri	9:15-10:15 a.m.	Magnolia	\$55
180944	Fri	11 a.m.-Noon	Queen Anne	\$55
Drop-In Yoga Qigong Mix				
	Wed	6-7 p.m.	Rainier Beach	\$3
ZUMBA® GOLD				
Video Link: https://youtu.be/mzy3RR_SfuQ				
181552	Mon	9:30-10:30 a.m.	Queen Anne	\$45
181103	Mon	Noon-1 p.m.	Jefferson	\$50
181011	Tue	10:30-11:30 a.m.	Loyal Heights	\$50
181553	Wed	9:30-10:30 a.m.	Queen Anne	\$45
181109	Fri	11 a.m.-Noon	Jefferson	\$55



ADULT SPORTS

Pickleball Conversion Pilot

Seattle Parks and Recreation's Planning and Development Division is leading a pilot project to implement lining of multiple tennis court sites for pickleball. There will be no changes made to the tennis nets.

The following sites will be lined for shared use by both pickleball and tennis players, and pickleball equipment is available for free check-out from:

- Delridge Community Center
- Discovery Park Environmental Learning Center
- Green Lake Community Center
- Miller Community Center
- South Park Community Center

For information about Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:
206-684-7092, cell 206-295-2465,
email: jayson.powell@seattle.gov.

Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Drop-In Sports at a Glance

Drop-In Pickleball *(all levels unless noted)* Free

NORTHWEST

Mon	11 a.m.-1 p.m.	Magnolia
Tue	9:30-11:30 a.m.	Loyal Heights
Tue	6:30-8:30 p.m. (1/2 gym)	Ballard
Thu	6-8:45 p.m.	Green Lake
Thu	6:45-8:45 p.m.	Bitter Lake
Fri	10 a.m.-1 p.m.	Bitter Lake
Fri	Noon.-2:30 p.m.	Loyal Heights
Sat	11 a.m.-2 p.m. (all ages)	Green Lake

NORTHEAST

M/W	9:30 a.m.-12:30 p.m.	Rav-Eck
M/W/F	11 a.m.-2 p.m.	Northgate
Tue	5-7 p.m.	Northgate
T/Th	9 a.m.-Noon	Meadowbrook
Wed	6-8 p.m.	Magnuson
Fri	11 a.m.-1:30 p.m. Int/Adv	Rav-Eck
Sat	10 a.m.-Noon	Magnuson

CENTRAL

Mon	6-8:45 p.m. Int/Adv	IDCC
Wed	11 a.m.-1:30 p.m.	Queen Anne

SOUTHWEST

Mon	10 a.m.-Noon	High Point
M/W	10:30 a.m.-12:30 p.m.	Delridge
Mon	6-8 p.m.	High Point
Wed	10 a.m.-Noon	High Point
Fri	9:45-11:45 a.m.	Hiawatha

Outside Pickleball

M/W/F	10 a.m.-12:30 p.m.	South Park
T/Th	12:30 p.m.-2:30 p.m.	Delridge
W	5 p.m.-7 p.m.	Delridge

SOUTHEAST

Mon	9:30-11:45 a.m. Competitive	Jefferson
T/Th	10 a.m.-1 p.m.	Rainier
T/Th	10 a.m.-Noon	Yesler
W/F	10 a.m.-Noon	Van Asselt

Note: subject to change during public school breaks.

Drop-In Table Tennis Free

CENTRAL

T/F	10:30 a.m.-1:30 p.m.	Garfield*
Tue	3:30-5:30 p.m.	IDCC
Fri	2:30-5 p.m.	IDCC
Fri	6-9 p.m.	Green Lake

** Lunch available on-site at Garfield for \$3.50*

Drop-In Volleyball Free

SOUTHWEST

T/Th	10 a.m.-Noon	Delridge
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Green Lake Small Craft Center & Mt. Baker Sailing and Rowing offer beginner boating classes!

NEW! Active Adults (50+) Program Kayak Conditioning in 2018!

Call 206-684-4074 or 206-386-1913 for more information.



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave N	
Meadowbrook Pool	206-684-4989
10515 35th Ave NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave	
Queen Anne Pool	206-386-4282
1920 1st Ave W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave S	
Southwest Pool	206-684-7440
2801 SW Thistle St	

POOLS - SUMMER ONLY OUTDOOR

Colman Pool	206-684-7494
8603 Fauntleroy Way SW	
Lowery C. "Pop" Mounger Pool	206-684-4708
2535 32nd Ave W	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

Lap Swim	Deep Water Fitness
Adult Swim	Hydro-Fit
Senior Swim	Stretch N Flex*
Women Only Swim	AquaZumba
Shallow Water Fitness	Adult Swim Lessons

* low impact and perfect for seniors looking for ways to improve joint range of motion and flexibility





Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Following trip registration, contact Carol at 206-233-7138 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES

Ballard Community Center
6020 28th Ave. NW—
south of bldg, angled parking lot
Bitter Lake Community Center
13035 Linden Ave. N—
north parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots—see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Local Artist Visit

\$18

Meet local artist Rodger Squirrel who is known for his metal sculptures large and small, as well as for his welding. We will visit his workshop and learn how he creates his pieces and what inspires him. After our tour we will visit one of his installations in Lake City. *Lunch out on your own following.*

Northbound

180960 7/11 Wed 9:30 a.m.-2:30 p.m.

Jetty Island

\$25

Jetty Island makes for a nice afternoon escape. This little island offers 2 miles of trails, shallow water off the shoreline, and plenty of relaxing. *Bring a sack lunch, water, hat, and maybe a relaxing book? If the day is hot, we'll stop for ice cream on the way back.*

Northbound

180964 7/18 Wed 9:30 a.m.-4 p.m.

FIELD TRIPS

Bainbridge Island—A Trip to the Past \$34 + Fee
Bainbridge has a unique history and we are going to find out what it is. We will have a tour of the Historical Museum and the Japanese American Exclusion Memorial. Time in Winslow before we head back. *Bring a sack lunch, or you can go to the gourmet grocery store across from the museum for lunch. Bring \$7 for tour fee, cash only.*

Southbound

180963 8/1 Wed 8:30 a.m.-4:30 p.m.

An Edmonds Kind of Day

\$18 + Fee

The quaint town of Edmonds is fun to walk around. We will enjoy time to explore shops and have lunch (*on your own*), before we take a tour of the newest museum in Edmonds, Cascadia Art Museum, which features artwork of the Northwest. *Bring \$7 admission fee with you.*

Northbound

180962 8/8 Wed 10 a.m.-3:30 p.m.

Kayaking on Lake Washington

\$50

We are partnering with Sail Sandpoint to experience kayaking on Lake Washington. There are double and single kayaks to choose from, and all equipment is provided. You will be given instructions before setting out. *Wear layers of clothing so you can adjust to the weather as needed. Bring a sack lunch.*

Northbound

180959 9/5 Wed 9:30 a.m.-2:30 p.m.

Progressive Picnic

\$20

Top off your summertime fun with a day of exploring as you visit three of Seattle's destination parks. You will enjoy a 'progressive picnic', including appetizers and drinks at Carkeek Park, BBQ lunch at Golden Gardens, and dessert at Green Lake. At each site there will be a history lesson on the park, live music, or opportunities for activity! Transportation provided from your sector, limited spaces! Price includes entire meal.

Northbound

180961 9/12 Wed 9:30 a.m.-4 p.m.

Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. *Lunch on your own.*

Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.

Bongos \$-\$\$

\$10

Caribbean Cuisine.

Southbound

180982 7/25 Wed 11 a.m.-2:30 p.m.

Arnie's in Mukilteo \$\$

\$18

Seafood and Northwest fare.

Northbound

180983 8/15 Wed 11 a.m.-2:30 p.m.



Enjoy a day out kayaking on Lake Washington with us!



SPECIAL EVENTS

Summer Picnic Free/\$7 Transportation at the Ballard Senior Center

Enjoy a western-themed picnic at the Ballard Senior Center. Entertainment and games will be provided. A \$5 donation is suggested at the door. Transportation is provided from Bitter Lake CC at 11:10 a.m., and from Ballard CC at 11:30 a.m. for \$7.

180998 7/26 Thu 11:30 a.m.-1:30 p.m.

Green Lake CC Resource Fair Free

Our 3rd Annual event is a partnership between the Green Lake Community Center, Hearthstone/Village Cove, Green Lake Chamber, and new this year King Co. Health. Come check out health and wellness vendors and providers, get your blood pressure checked, participate in exercise demonstrations, and more. Mark your calendar and don't miss this great opportunity to learn and grow in your journey to feel and look your best! For more information please visit www.greenlakewellnessfair.com.

9/8 Sat 10 a.m.-4 p.m. Green Lake CC

SOCIAL PROGRAMS

Games

Drop-In Bridge Free
Enjoy a game of bridge.

Wed 9 a.m.-Noon Magnolia

Movies

Lunch and a Movie at Loyal Heights \$8/each
Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

Murder on the Orient Express

PG-13 | 1h 54min | Crime, Drama, Mystery
A luxurious train is stranded in the snow when a murder happens, and a famous detective, who is a passenger, investigates 13 travelers who are all under suspicion.

180980 7/12 Thu 11:30 a.m.-2 p.m. Loyal Heights

The Post

PG-13 | 1h 56min | Biography, Drama, History
This historical drama is based on the events surrounding the release of the Pentagon Papers, documents which detailed the history of the United States' political and military involvement in Vietnam.

180981 8/9 Thu 11:30 a.m.-2 p.m. Loyal Heights

ARTS AND HANDWORK

Drop-In Adult Watercolor

Free
Bring your supplies and join others to create your own project. Each week a new still-life will be displayed.

Fri 11a.m.-3 p.m.

Loyal Heights



We offer many classes to exercise your creativity!

Watercolor

\$68

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome. Instructor: S Kahler.

181010 7/9-8/27 Mon 11 a.m.-2 p.m.

Loyal Heights

LIFELONG LEARNING

Meditation

Free

Learn how to meditate, calm your mind, open your heart, and empower yourself. Join Mari Chin in this class designed for everyone wanting to bring peace and happiness into their lives. All are welcome.

180985 8/3-8/24 Fri 1:30-2:30 p.m.

Bitter Lake

Register online at www.seattle.gov/parks

VOLUNTEER

Helping Hands Food Lifeline

Free

Help feed the hungry. We spend two hours of simple, non-strenuous work re-packing food. *Bring your lunch for afterwards. Wear closed-toe shoes.*

Departure sites: Bitter Lake at 8:30 a.m., Ballard at 8:50 a.m.. Please call 206-233-7138 with your departure site.

180970 7/17 Tue 8:50 a.m.-1:30 p.m.

South Park

180971 8/21 Tue 8:50 a.m.-1:30 p.m.

South Park

DROP-IN SPORTS

Drop-In Pickleball

Free

Mon 11 a.m.-1 p.m.
Tue 9:30-11:30 a.m.
Tue 6:30-8:30 p.m. (½ gym)
Thu 6-8:45 p.m.
Thu 6:45-8:45 p.m.
F 10 a.m.-1 p.m.
Fri Noon-2:30 p.m.
Sat 11 a.m.-2 p.m. (all ages)

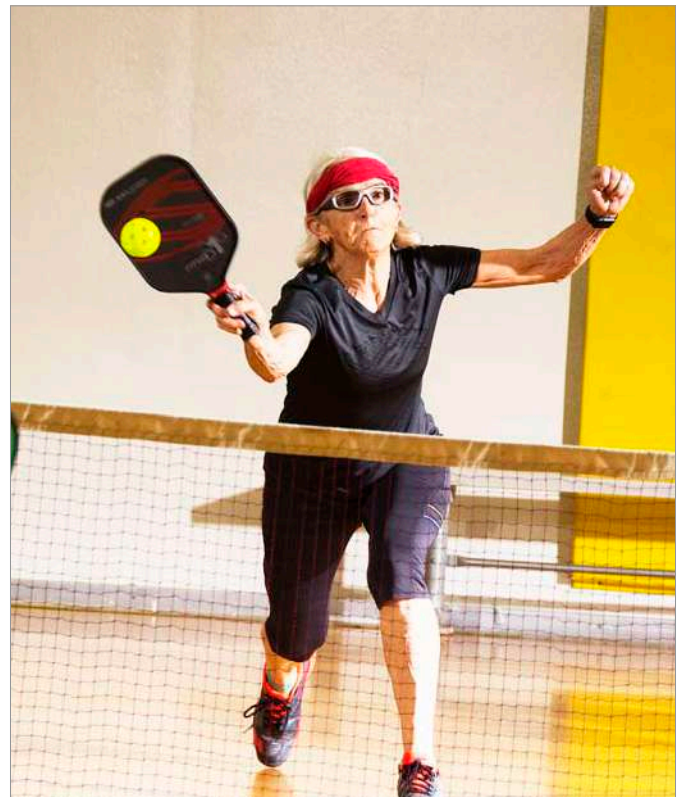
Magnolia
Loyal Heights
Ballard
Green Lake
Bitter Lake
Bitter Lake
Loyal Heights
Green Lake

Drop-In Table Tennis

Free

Fri 6-9 p.m.

Green Lake



Pickleball is a great way to exercise, and meet new friends!

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$32

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing. *Classes run 7/31-9/13.*

180946	Tue	9:30-10:30 a.m.	Magnolia	S Dutro
180945	Thu	9:30-10:30 a.m.	Magnolia	S Dutro

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion. Wednesday's class has an extra 15 minutes for strength training. *Classes run 7/2-9/28. No class Wednesday 9/5, no class Friday 8/31.*

180957	Mon	8-9 a.m.	Magnolia	K Adolphsen	\$55
180958	Wed	9-10:15 a.m.	Magnolia	K Adolphsen	\$62
180956	Fri	8-9 a.m.	Magnolia	K Adolphsen	\$55

Juicy Joints Aerobics - Intermediate \$50

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Second half includes toning with free weights and exercise for injury prevention.

180973*	Tue	9:05-10:05 a.m.	Bitter Lake	J Rayor
180974*	Thu	9:05-10:05 a.m.	Bitter Lake	J Rayor

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

180976*	Mon	Noon-1 p.m.	Bitter Lake	M Chen	\$45
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Advanced-Beginner

180975*	Mon	10-10:45 a.m.	Bitter Lake	M Chen	\$34
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Intermediate

180977*	Mon	10:45-11:45 a.m.	Bitter Lake	M Chen	\$45
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Rocking and a Rolling Senior Dance Party \$18

A fun aerobics class dancing to 60's, 70's, 80's and 90's R&B and Rock and Roll dance party songs. Forget your worries and relive those fun and wilder days gone by. No partners needed. *Classes runs 7/11-8/3.*

180992	Wed	10:30-11:30 a.m.	Magnolia	M Jorgensen
180990	Fri	10:30-11:30 a.m.	Magnolia	M Jorgensen

Zumba® Gold \$50

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

181011*	Tue	10:30-11:30 a.m.	Loyal Heights	D O'Neill
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Strength and Conditioning

Body Conditioning \$50

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

180947*	Tue	10:50-11:50 a.m.	Bitter Lake	G Keeble
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Chair Strength and Tone \$45

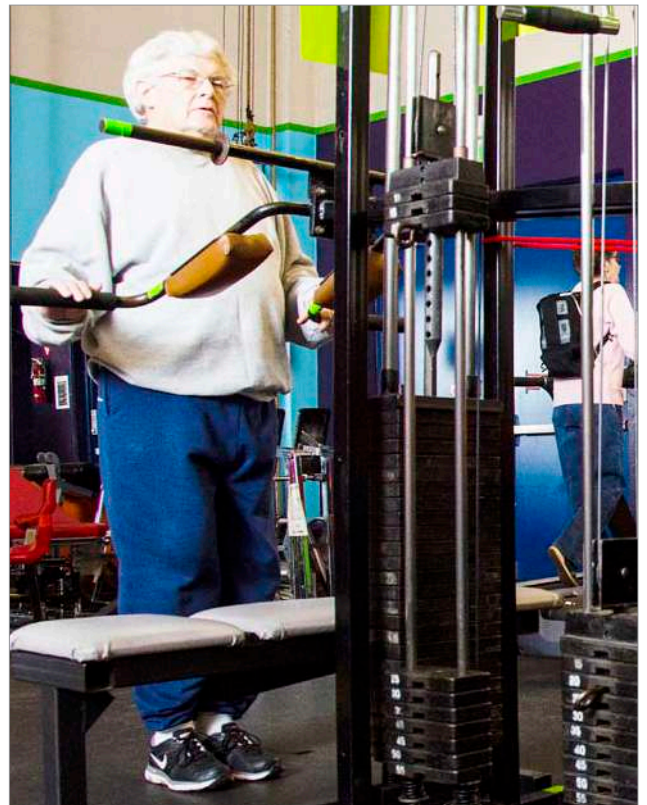
Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

180948*	Mon	1:30-2:15 p.m.	Bitter Lake	D Dragovich
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Circuit Training \$32

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. *Classes run 7/31-9/14.*

180951*	Tue	9:30-10:30 a.m.	Loyal Heights	R Buyce
180952*	Wed	9:30-10:30 a.m.	Loyal Heights	R Buyce
180950*	Thu	9:30-10:30 a.m.	Loyal Heights	R Buyce
180949*	Fri	10-11 a.m.	Bitter Lake	R Buyce



*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

FITNESS CLASSES

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter. Register in person or over the phone for all enhance fitness classes. Online registration is not available. Classes run 7/2-9/28.*

180954	Mon	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$55
180955	Wed	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$55
180953	Fri	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$60

Strength and Balance Circuit Training \$27

Improve strength and balance through metabolic training exercises with short rest periods. Modifications will be provided to accommodate joint-challenged and beginners. Please bring a towel. *Class will be held outside, meet in lobby first day. Classes run 8/7-9/13.*

180994	Tue	Noon-12:45 p.m.	Green Lake	M Velasco	
180995	Thu	Noon-12:45 p.m.	Green Lake	M Velasco	

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *Class on Wednesday at Green Lake is held outside. Class on Friday runs 7/20-9/14.*

All Levels

181007	Wed	11:30 a.m.-12:30 p.m.	Green Lake	E Baxa	\$45
181006*	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	C Tan	\$41

Qigong: Meditative Movement and Energy Cultivation \$18

Experience the happy-making, self-healing movements of Sheng Zhen Qigong (pronounced "shung jen chee kung"). This is a restorative, medical qigong that blends an ancient tradition with gentle, meditative movements while seated on a chair. You will learn to synchronize breath, posture, and intention to clear, energize, and balance your qi (vital life-force energy). Qigong can improve your state of overall well-being physically, mentally, and emotionally. No experience is required for this class. All movements can be modified to meet the needs of each person's physical needs. *Class runs 7/18-8/8.*

180989	Wed	Noon-1 p.m.	Bitter Lake	R Gould	
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Qigong-Shibashi \$41

A simple, easy to learn system, with graceful, flowing movements. It enhances circulation and respiration and helps balance the forces of 'yin' and 'yang'. The 18 movements are easy to learn and highly effective and makes moving into Yan Taichi short form easier when you are ready to advance. *Class runs 7/20-9/14.*

180987*	Fri	12:30-1:20 p.m.	Loyal Heights	C Tan	
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Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *All classes are non-flow style.*



Gentle Yoga

No class Friday 8/3.

180966*	Mon	10-11 a.m.	Loyal Heights	J Steidl	\$50
180967*	Wed	9:30-10:30 a.m.	Bitter Lake	H Mair	\$50
180965*	Fri	10:15-11:15 a.m.	Loyal Heights	J Green	\$50

Vini Yoga

181008	Wed	10:30-11:30 a.m.	Loyal Heights	A Mason	\$50
181009	Fri	9:15-10:15 a.m.	Magnolia	L Dunbar	\$55

Pilates \$45

Stabilize and strengthen your core and back, while improving your flexibility and posture.

180986*	Mon	11:30 a.m.-12:30 p.m.	Loyal Heights	D Dragovich	
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Following trip registration, contact Robin at 206-386-9106 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Magnuson Brig

(Bldg 406) 6344 NE 74th St.
30 minutes before time listed.

Meadowbrook Community Center

10517 35th Ave. NE
15 minutes before time listed.

Northgate Mall **Note location!**

Elevators near Nordstrom Rack, at parking lot level. Departure at time listed.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 19 for events and 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Transit Adventure Club

\$5

Learn about bus travel, exploring neighborhoods while gaining confidence about transferring and using your ORCA card. As a group, we will explore the path of the #41 and #40 bus routes, beginning at Northgate, loop through downtown, and enjoying lunch (on your own) in Ballard. We will also stop at Larson's Bakery if we have time. Class size is limited so sign up early. Meet at Northgate trip departure site: elevators near Nordstrom Rack.

181194 7/2 Mon 10 a.m.-3 p.m.

Bellevue Botanical Garden Tour

\$18

Enjoy a tour of Bellevue Botanical Gardens. Donations are appreciated. Lunch at Lincoln South Food Hall, as spotlighted in 3/23 Seattle Times. Lunch on your own.

181203 7/9 Mon 10 a.m.-2 p.m.

Oxbow Farms and Organic Farming

\$31

Experience a real organic farm. We will learn about sustainable farming practices. Tour the 30-acre production farm and participate in a hands-on service project. Bring a sack lunch, there will be a 30-minute break. No refunds after 6/14.

181204 7/16 Mon 11:30 a.m.-4 p.m.

Everett Aquasox:

\$18 + Fee

An Afternoon of Baseball

Enjoy an afternoon watching the Everett Aquasox baseball team play against the Vancouver Canadians at this neighborly ball park. Pack water, sunscreen, and bring \$12 cash admission.

181205 7/26 Thu 9:30 a.m.-4 p.m.

FIELD TRIPS

Treehouses and Chocolates \$18 + Fee

Enjoy this tour of tree houses in Issaquah, followed by a tour of Boehm's chocolates. *Bring \$25 cash admission for tours, and a sack lunch.*

181206 7/30 Mon 10 a.m.-3 p.m.

Smith Tower Tour and Walk to King Street Station \$10 + Fee

This walking exploration will encompass many historic sites: a tour of Smith Tower, a walk to King Street Station, a guided tour of Fire Fighters Museum, and Waterfall Garden Park. *Lunch on your own.*

181207 8/6 Mon 9:30 a.m.-2:30 p.m.

Kitsap Forest Theater \$63

Travel to the woods of Kitsap to watch the musical, "Tuck Everlasting", at the Kitsap Forest Theatre. Price includes admission to the show. *Bring a sack lunch to enjoy at the picnic tables on site.*

181208 8/12 Sun 10 a.m.-5:30 p.m.

Mt. St. Helens Charter Bus Trip \$70 + Fee

Travel in luxury aboard a charter bus to Mt. St. Helens and Johnston Ridge Observatory. *Admission to the observatory is \$8, or free with your America the Beautiful Pass. Departure site is at Northgate Transit Center, 10300 3rd Ave.NE, at 8 a.m., or at Rainer Community Center at 8:30 a.m..*

181209 8/21 Tue 8 a.m.-4:30 p.m.

Elwha Dam and Overnight in Port Angeles \$65 + Accommodation

Visit the Elwha Dam removal site and learn about the regrowth of the local habitat. Enjoy the incredible natural artist's sculpture park, Webster Woods. After, take some time on your own at Port Angeles' waterfront and downtown areas. *Room registration due to Red Lion hotel by 8/8. To reserve a room please call the hotel at 360-452-9215 option 0. Double or single room rates are: exterior non-view \$119, standard non-view \$129, premium water view \$164. Once registered, call 206-386-9106 to confirm room details. Room pairing available, please inquire. No refunds after 8/8.*

181210 9/9-9/10 Sun-Mon 9 a.m.-4 p.m.

Progressive Picnic \$20

Top off your summertime fun with a day of exploring as you visit three of Seattle's destination parks. You will enjoy a 'progressive picnic', including appetizers and drinks at Carkeek Park, bbq lunch at Golden Gardens, and dessert at Green Lake. At each site there will be a history lesson on the park, live music or opportunities for activity! Transportation provided from your sector, limited spaces! Price includes entire meal.

181211 9/12 Wed 9:30 a.m.-4 p.m.

NATURE WALKS AND EVENTS

Birds and Boats \$75

This non-competitive recreation class is perfect for those who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace that allows you to get your feet wet. In addition to a paddling instructor, the class will be accompanied by a naturalist who will speak about the wildlife that inhabits the Green Lake area. Each class is 2 hours long, for a total of 8 hours.

**This course requires a float test taken PRIOR to class. Float tests are available at our pools, www.seattle.gov/parks/pools.asp.*

Location: Green Lake Small Craft Center

179009 7/24-8/14 Tue 9-11 a.m. GLSCC

Bats and Beavers Night Walk Free*

On warm summer evenings, Magnuson's bats swoop back and forth over the wetland ponds while resident beavers tend their lodges and dams below. Barn Owls hunt for prey to feed the juvenile owlets that were born in the spring, and Chorus Frogs sing from the trees! Walking the Wetland Complex Trails this month will be a special nighttime treat. *Binoculars and other supplies provided for all, or bring your own. Please bring a small flashlight.*

Start Location: Park in lot #E-1 or #E-2 (off 65th and Lakeshore Drive), and meet at the entry sidewalk right next to the Boat Launch.

**Suggested donation of \$15 to Magnuson Children's Garden.*

181567 8/1 Thu 8-10 p.m. Magnuson

Grandchild and Me Wetlands Walk Free*

Celebrate summer by bringing your grandchild to Magnuson Park for a nature adventure! We'll keep a child-friendly pace as we explore the Magnuson Children's Garden and community garden, stopping to look and learn about all the plants and animals that live there. Plus we'll have a "snack walk" of delicious organic crops fresh off the vine in the Children's P-Patch plot! Leader: Emily Bishton, Naturalist and Educator.

Meet at the Brig Building lobby, 6344 NE 74th St.. See the Magnuson Park map at <http://www.seattle.gov/parks/magnuson/maps.htm>.

**Suggested donation of \$15 to Magnuson Children's Garden.*

181568 8/29 Tue 10 a.m.-Noon Magnuson

SPECIAL EVENTS

Smartphone Mentoring

Free

Understand your phone better! Learn to add a contact phone number, write a text message, take a selfie, or simply how to use your smart phone more efficiently. Help is available. Presented by Seattle Public Library.

Location: University Library

181564 7/27 Fri 11:30 a.m.-12:30 p.m.

SOCIAL PROGRAMS



Come discuss a book at one of our fun and lively book clubs!

Book Clubs

Laurelhurst Book Club

Free

Meets the third Wednesday each month. Pick up the latest book at Laurelhurst CC. Meets: 7/18, 8/15, and 9/19.

181278 Wed 1-2 p.m. Laurelhurst

Meadowbrook Book Club

Free

Meets the third Thursday each month. Pick up the latest book at Meadowbrook CC. Meets: 7/19, 8/16, and 9/20.

181407 Thu 11 a.m.-Noon Meadowbrook

Games

Drop-In Mah Jongg

Free

Enjoy a round of Mah Jongg.

	Mon	Noon - 3 p.m.	Laurelhurst
NEW at Lake City	Thu	11 a.m.-1 p.m.	Lake City
	Fri	11 a.m.-2 p.m.	Laurelhurst

Mah Jongg for Beginners

\$20

This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early. Instructor: Jackie Graupner-Peters.

181571 7/12-8/2 Thu 9:30-11 a.m. Lake City

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Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

ARTS AND HANDWORK



Brig Open Artist Studio

\$100

Paint in a welcoming atmosphere with other dedicated, working artists. Class critique is given for guidance and support. View and promote class work at www.brigstudioartists.com. Prepare pieces for art show/sale on 11/9. A \$5 materials fee is due to instructor on first day of class. Instructor: S. Pope.

181579	6/29-7/27	Fri	10 a.m.-2 p.m.	Mag Bldg 11
181581	8/3-8/31	Fri	10 a.m.-2 p.m.	Mag Bldg 11

NEW Seattle Parks Sketchers

\$12w/starter set

\$6 without starter set

Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. Supply starter set included in \$12 fee. Meets 2nd Thursday of each month: 7/12 at Magnuson Beach Shelter, 8/9 Japanese Garden Takeuchi Room, 9/13 at Laurelhurst CC.

Group Leader: Kathy Whitman.

181563 7/12, 8/9, 9/13 Thu 1-2:30 p.m. Offsite



Try your hand at sketching with Seattle Parks Sketchers!

LIFELONG LEARNING

Creative Memoir Writing Workshop \$23

Learn specific and easy creative writing techniques while writing memoir sections of your life. This is a two-in-one workshop which focuses on personal memoir writing while also teaching you specific, commonly used creative writing techniques to enhance your memoir. Instructor: A. Peizer.

TBD Fri 1:15-2:15 p.m. Northgate

Traditional Simple Indian Food \$15

Learn how to prepare healthy, simple, traditional Indian dishes. Examples you may learn to cook include curry, fried rice, papadum, naan, samosas, and rice. Class meets the second Saturday of the month: 7/14, 8/11, and 9/8.

181273 Sat 10:30-Noon Meadowbrook



Wondering how to make curry? Come to our Indian cooking class and learn something new!

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and rules of the road. Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.

181226 9/17-9/18 Mon, Tue 9:30 a.m.-1:30 p.m. Meadowbrook

VOLUNTEER

Six Week Summer Volunteer Opportunity!

Join in the fun this summer volunteering in a 6-week program on Monday and Tuesday afternoons at Northgate Elementary School. Volunteer as an art assistant. Use your skills and interests to help enhance the student's experiences in cooking, gardening, art, singing, dancing, or playing soccer. For more information contact Robin at 206-386-9106, or robin.brannman@seattle.gov.

Register online at www.seattle.gov/parks

SPORTS

Drop-In Sports

Drop-In Pickleball

Free

All Levels

M/W	9:30 a.m.-12:30 p.m.	Rav-Eck
M/W/F	11 a.m.-2 p.m.	Northgate
Tue	5-7 p.m.	Northgate
T/Th	9 a.m.-Noon	Meadowbrook
Wed	6-8 p.m.	Magnuson
Sat	10 a.m.- Noon	Magnuson

Intermediate/Advanced

Fri	11 a.m.-1:30 p.m.	Rav-Eck
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Note: Subject to change during public school breaks.

NEW Drop-In Table Tennis

Free

Beginners

Tue	9:30-10:15 a.m.	Lake City
Tue	9:30-11:30 a.m.	Lake City



Table tennis is fun for all!

Tennis

NEW Senior Tennis Lessons

\$50

For questions and to register please call Robin Brannman at 206-386-9106. Instructor: B Tucker.

Beginner: never played, or still very new to tennis

182104	7/10-8/7	Tue	5-6 p.m.	Meadowbrook
182106	8/14-9/11	Tue	5-6 p.m.	Meadowbrook
182111	7/11-8/8	Wed	10-11 a.m.	Rav-Eck
182112	8/15-9/12	Wed	10-11 a.m.	Rav-Eck
182098	7/14-8/11	Sat	11 a.m.-Noon	Laurelhurst
182100	8/18-9/15	Sat	11 a.m.-Noon	Laurelhurst

Intermediate: played before but need to brush up

182119	7/10-8/7	Tue	6-7 p.m.	Meadowbrook
182121	8/14-9/11	Tue	6-7 p.m.	Meadowbrook
182122	7/11-8/8	Wed	9-10 a.m.	Rav-Eck
182124	8/15-9/12	Wed	9-10 a.m.	Rav-Eck
182115	7/14-8/11	Sat	10-11 a.m.	Laurelhurst
182117	8/18-9/15	Sat	10-11 a.m.	Laurelhurst

Summer Quarter July 2-September 14

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FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$50

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

181565	Mon	11 a.m.-Noon	Northgate	Mish Mish
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Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music. *Classes on Wednesday run 7/11-9/12, no class 8/29.*

NEW time at Rav-Eck.

Beginner

181573	Wed	12:45-1:30 p.m.	Mag Bldg 30	L Reese	\$34
181257	Thu	6:45-7:45 p.m.	Mag Bldg 30	D Hunsaker	\$50

Advanced-Beginner

181261	Tue	6:30-7:30 p.m.	Mag Bldg 30	D Hunsaker	\$50
181572	Wed	Noon-12:45 p.m.	Mag Bldg 30	L Reese	\$34
181272	Fri	9:30-10:30 a.m.	Rav-Eck	D Hunsaker	\$50

Intermediate

181576	Wed	10-11 a.m.	Mag Bldg 30	L Reese	\$45
181577	Wed	11 a.m.-Noon	Mag Bldg 30	L Reese	\$45

Nia

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music. *Class at Meadowbrook begins 7/13, no class 7/20, 8/24, and 8/31.*

181214	Fri	10-11 a.m.	Meadowbrook	N Scher	\$70
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Nia at Northgate Session 1: 7/12-8/9

181212	Thu	5-6 p.m.	Northgate	D Davis	\$50
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Nia at Northgate Session 2: 8/16-9/13

181213	Thu	5-6 p.m.	Northgate	D Davis	\$50
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Nia Moving to Heal \$38

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both. *Class begins 7/13. No class 7/20, 8/24, and 8/31.*

181215	Fri	11:15 a.m.-12:15 p.m.	Meadowbrook	N Scher
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World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves. *Class on Wednesday begins 7/11.*

181557	Wed	10:30-11:30 a.m.	Meadowbrook	Mish Mish	\$50
181559	Thu	10:30-11:30 a.m.	Northgate	Mish Mish	\$55

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter.*

Register in person or over the phone for all enhance fitness classes. Online registration is not available.

Class on Wednesday at Northgate ends 9/5.

181270	Mon	9-10 a.m.	Lake City	Mish Mish	\$45
181263	Tue	8-9 a.m.	Mag Bldg 30	J Shearer	\$50
181264	Tue	9-10 a.m.	Mag Bldg 30	J Shearer	\$50
181266	Tue	1:30-2:30 p.m.	Northgate	M Taplin	\$11*
181271	Wed	9-10 a.m.	Lake City	C House	\$45
181268	Wed	1:30-2:30 p.m.	Northgate	K Kirkwood	\$9*
181265	Thu	9-10 a.m.	Mag Bldg 30	J Shearer	\$50
181267	Thu	1:30-2:30 p.m.	Northgate	M Taplin	\$11*
181269	Fri	9-10 a.m.	Lake City	C House	\$50

***Discount:** As a result of the generous support of the Northgate Advisory Council we are able to offer three new EnhanceFitness classes at Northgate CC for only \$9/\$11 per series for this summer quarter.

Exercise to Improve Balance \$45

This exercise program will help you regain and improve your balance by working on core strength and routines which will support your balance for life. *Class begins 7/9.*

181274	Mon	10:30-11:20 a.m.	Meadowbrook	C Lorenz
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Fitness Room Foundation + More \$33

Whether you've been working out for years, or have never been in a fitness room, this class will help you exercise with confidence. Strength training, cardiovascular fitness, weight management, balance, and flexibility will be covered. *Class runs 8/7-9/11.*

181595	Tue	11:30 a.m.-12:30 p.m.	Northgate	R Buyce
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FITNESS CLASSES

Fit Plus

\$55

Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

181594 Thu 8-9 a.m. Mag Bldg 30 J Shearer

Fun FIT!

\$55

This FUNdamental FITness class will increase strength, decrease body fat, and improve overall conditioning. We will focus on essentials: cardio, strength training, and a proper cool down which includes stretching.

TBD Tue 6-7 p.m. Meadowbrook M Tuliao

TBD Thu 6-7 p.m. Meadowbrook M Tuliao

Strength and Conditioning

\$55

Build strength, flexibility, balance, and achieve better overall conditioning.

NEW time for summer.

181555 Fri 7:30-8:30 a.m. Laurelhurst J Shearer

Summer Walk and Tone

\$45

An outdoor summer workout that includes walking and strength building exercises. Improve cardio and muscle strength while focusing on alignment, balance, and building stamina. *Class begins week of 7/9.*

Location: Nathan Hale Track

181275 Mon 9-10 a.m. C Lorenz

181432 Wed 9-10 a.m. C Lorenz

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *Classes begin the week of 7/8.*

All Levels

181562 Tue 12:30-1:30 p.m. Mag Bldg 30 R Friedman \$45

181421 Wed 5:30-6:30 p.m. Meadowbrook E Baxa \$45

181417 Thu 1-2 p.m. Meadowbrook A Ross \$45

NEW Advanced

181424 Thu 9:30-10:30 a.m. Lake City A Ross \$45

Tai Chi and Qigong

Qigong and tai chi elements are combined in one class to provide relaxing, ancient, meditative qigong moves along with beginning steps of the original tai chi. *Classes run 7/5-8/3. **NEW** time on Wednesday for summer.*

All Levels

181430 Fri 2:30-3:30 p.m. Northgate A Peizer \$23

Beginner

181429 Wed 11:30-2:30 p.m. Mag Bldg 30 A Peizer \$18

Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *Class on Tuesday at Laurelhurst meets 6 times: 7/3, 7/10, 8/7, 8/21, 9/4, and 9/11, class on Tuesday at Northgate ends 8/28, class on Wednesday at Meadowbrook begins 7/11, class on Saturday at Meadowbrook begins 7/14.*

181233 Mon 9-10 a.m. Meadowbrook H Mair \$50

181250 Tue 8-9 a.m. Laurelhurst J Robin \$30

181255 Tue 10-11 a.m. Mag Bldg 30 J Robin \$55

181260 Tue 10:15-11:15 a.m. Northgate F Marazzi \$45

181238 Wed 9-10 a.m. Meadowbrook J Robin \$55

181258 Thu 10-11 a.m. Mag Bldg 30 J Robin \$55

181256 Thu 5:30-6:30 p.m. Mag Bldg 30 H Mair \$55

181253 Fri 9:45-10:45 a.m. Rav-Eck J Robin \$55

181259 Fri 12:15-1:15 p.m. Northgate L Jilk \$55

181241 Sat 9-10 a.m. Meadowbrook H Mair \$45

Pilates

\$50

Stabilize and strengthen your core and back, while improving your flexibility and posture. *Classes begin the second week of July.*

181550 Tue 11:30 a.m.-12:30 p.m. Rav-Eck D Dragovich

181549 Wed 11:30 a.m.-12:30 p.m. Northgate D Dragovich

181554 Thu 11:30 a.m.-12:30 p.m. Mag Bldg 30 D Dragovich



Did you know Tai Chi can help to restore equilibrium?



Angela P. Smith
Central
Recreation Specialist

206-684-4240 / cell 206-450-9522
angalap.smith@seattle.gov

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Registered participants will be contacted 5 days prior to trip with date details, and to confirm departure site. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Belltown CC—415 Bell St.

Northbound: 15 minutes before time listed.

Southbound: 15 minutes before time listed.

Garfield CC—2323 E Cherry St.

May be available upon request, call for time.

Miller CC—330 19th Ave. E

Northbound: 30 minutes before time listed.

Southbound: at time listed.

Queen Anne CC—1901-1st Ave. W

Northbound: at time listed.

Southbound: 30 minutes before time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.

GENERATIONS AGING WITH PRIDE

We are working in partnership with "Generations Aging with Pride" (visit <http://gapseattle.org/>), a non-profit organization providing services for LGBTQ older adults and their families. Classes are noted by rainbow colors on the class number line.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Storm Basketball

\$10 + Fee

Go Storm! Cheer for your home team in their effort to beat rival team LA Sparks. *Once registered, promptly call Rec Spec to make game ticket arrangement at 206-684-4240. \$16 ticket fee due at registration. Register by June 29. Lunch on your own nearby, or bring a lunch.*

Northbound

181092 7/10 Tue 10:45 a.m.-4 p.m.

Emerald Queen Casino

\$10

This gaming place has a new look and new games. Have fun and good luck. *Also enjoy a variety of lunch selections on your own.* Before leaving town, candy stop at Brown and Hailey Outlet.

Southbound

182149 7/17 Tue 10 a.m.-3:30 p.m.

FIELD TRIPS

Blueberries

\$18

Planting since 1947, this eastside blueberry farm has 6 varieties for U-pick. Each berry has a different characteristic, learn and choose which ones are best for you. \$2.25 per pound, cash or check only. *You are welcome to bring a lunch. Free time and ice cream, on your own, at North Bend Outlets.*

Southbound

181086 8/7 Tue 10 a.m.-3 p.m.

Mt. St. Helens

\$70 + Fee

Travel in luxury aboard a charter bus to Mt St Helens and the Johnston Ridge Observatory. *Admission to the observatory is \$8, or free with your America the Beautiful Pass. Bring snacks, water, sun protection, and a picnic lunch. Garfield CC departure site only.*

181089 8/21 Tue 8:30 a.m.-5:30 p.m.

Big 4 Ice Caves

\$30

Visit a natural phenomenon that occurs on the north face of Big Four Mountain, as snow continues to melt from winter, it turns into waterfalls that melt more snow at the base, creating caves. The 2.2 miles is easy on a well maintained trail, with great views along the way. You are advised never to walk in or climb on caves. *Bring a lunch.*

Northbound

181085 8/28 Tue 9:15 a.m.-5:30 p.m.

Progressive Picnic

\$20

Top off your summertime fun with a day of exploring as you visit three of Seattle's destination parks. You will enjoy a 'progressive picnic', including appetizers and drinks at Carkeek Park, bbq lunch at Golden Gardens, and dessert at Green Lake. At each site there will be a history lesson on the park, live music, or opportunities for activity! Transportation provided from your sector, limited spaces! Price includes entire meal.

Northbound

181091 9/12 Wed 9:30 a.m.-4:30 p.m.

Hurricane Ridge - Intergenerational

\$80

A family friendly trip celebrating national parks day. It's time to breathe the mile-high fresh air of Hurricane Ridge! This mountainous area has spectacular panoramic view of Olympic National Park and the Straits of Juan de Fuca. You'll feel like you're on top of the world! Easy to moderate trails, including a paved path called the Hurricane Hill Trail is about 1.6 miles long (one-way) with an elevation gain of about 700 ft. The Hurricane Ridge Visitor Center offers several conveniences, like exhibits, gift-shop, and a snack bar. Park admission is free, and ferry fees included. *Bring a lunch. Garfield CC departure site only.*

181087 9/22 Sat 7:30 a.m.-5 p.m.



Explore with us on a hike!

Register online at www.seattle.gov/parks

Summer Quarter July 2-September 14

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SPECIAL EVENTS

Pike Place Market Senior Center Summer BBQ

Free barbeque at Green Lake Park on the east side of the lake, across from Starbucks and sponsored by the Pike Place Market Senior Center. Food and entertainment provided. You must reserve a space for this free event. No transportation provided.

181004 8/11 Sat 11:30 a.m.-2:30 p.m. Green Lake

SOCIAL PROGRAMS

Games

Drop-In Bridge

Drop-In play for bridge players.

All Levels

Fri 1-4 p.m. Montlake

Intermediate

Tue 12:30-3:30 p.m. Queen Anne

Drop-In Mah Jongg

Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your Mah Jongg set if you have one. American-style.

Fri 1:30-4:30 p.m. Queen Anne

Senior Games

Come enjoy games and fun every Tuesday and Friday afternoon.

Tue 2:30-5:30 p.m. IDCC
Fri 2:30-5:30 p.m. IDCC

Lunch Programs

Food and Fitness

Enjoy lunch, social, educational, and fitness programs as you celebrate your culture and language. *Please call 206-684-4664 to reserve your meal.*

Korean	Tue/Fri	10 a.m.-Noon	Miller
Vietnamese	Tue/Fri	10 a.m.-1 p.m.	Garfield

Monday Meals

\$4 (\$30/8 meals)

Fresh cooked healthy meals most Mondays. First come-first served, after reserved meals are offered. To ensure a meal, make a reservation the Friday before by calling 206-684-4240. Menu subject to change without notice.

Mon Noon-1 p.m. Queen Anne

Movies

Movies at Queen Anne

Full list of movies posted at QACC. First choice not always available and subject to change. Popcorn included!

Wed 1:15-3:30 p.m. Queen Anne

ARTS AND HANDWORK

Crafty Ladies

Drop-In knitting, crochet, needlepoint, or quilting.

Thu 1:30-4 p.m. Queen Anne



Join the Crafty Ladies and keep on being crafty!

LIFELONG LEARNING

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. *Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.*

180913	7/17	Tue	9 a.m.-5 p.m.	Áegis on Madison
180914	8/14	Tue	9 a.m.-5 p.m.	Áegis on Madison
180915	9/11	Tue	9 a.m.-5 p.m.	Áegis on Madison

ESL for Fun Free
Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator. Instructor: W Nguyen.

Tue/Fri 9:30-10:30 a.m. Garfield

DROP-IN SPORTS

Drop-In Pickleball Free

All Levels

Wed 11 a.m.-1:30 p.m. Queen Anne

Intermediate/Advanced

Mon 6-8:45 p.m. IDCC

Drop-In Table Tennis Free

T/F 10:30 a.m.-1:30 p.m. Garfield*

Tue 3:30-5:30 p.m. IDCC

Fri 2:30-5 p.m. IDCC

* Lunch available on-site at Garfield for \$3.50.



FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Drop-In Chinese Dance \$3 (Age 65+ \$2)

Move with grace to traditional Chinese music in this instructor-led class.

Thu 10 a.m.-1 p.m. IDCC

Dance for Parkinson's Free

Explore dance movements in a welcoming environment with Live Music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. *Registration with NW Parkinson's Foundation also required at www.nwpcf.org.*

180922 5/31-7/19 Thu 11 a.m.-12:30 p.m. Garfield

Drop-In Line Dance \$3 (Age 65+ \$2)

Dance, Dance, Dance! Join this low-cost, instructor-led class and learn to dance. No experience or partner needed. Class is taught in Mandarin.

All Levels

Mon 11 a.m.-12:30 p.m. IDCC

Fri 11 a.m.-12:30 p.m. IDCC

Line Dance \$45

Work out with your mind and body. Learn new dance patterns to all kinds of great music. Instructor: C Banta.

All Levels

180936 Thu 6:15-7:15 p.m. Queen Anne

Zumba® Gold \$45

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy! Instructor: D O'Neill.

181552 Mon 9:30-10:30 a.m. Queen Anne

181553 Wed 9:30-10:30 a.m. Queen Anne

FITNESS CLASSES

Strength and Conditioning

Arthritis Exercise Program \$45

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program or who have arthritis. Instructor: S Dwyer-Shick.

180916	Thu	9:30-10:30 a.m.	Queen Anne
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Circuit Training \$50

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. Instructor: C Lorenz. *Classes begin the week of 7/9.*

180921	Tue	9:30-10:30 a.m.	Queen Anne
180920	Tue	10:45-11:45 a.m.	Queen Anne
180919	Thu	9:30-10:30 a.m.	Queen Anne
180918	Thu	10:45-11:45 a.m.	Queen Anne

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter. Register in person or over the phone for all enhance fitness classes. Online registration is not available.*

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

181104	Mon	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
181106	Mon	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
181105	Mon	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
181107	Mon	2-3 p.m.	Kaiser Perm.	G Keeble	\$45
181108	Mon	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45
181118	Tue	8-9 a.m.	Kaiser Perm.	C Grekoff	\$50
181119	Tue	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$50
181117	Tue	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$50
181120	Wed	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
181123	Wed	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
181124	Wed	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
181121	Wed	2-3 p.m.	Kaiser Perm.	G Keeble	\$45
181122	Wed	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45
181115	Thu	8-9 a.m.	Kaiser Perm.	C Grekoff	\$50
181116	Thu	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$50
181114	Thu	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$50
181097	Fri	8-9 a.m.	Kaiser Perm.	C Grekoff	\$50
181099	Fri	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$50
181100	Fri	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$50
181101	Fri	2-3 p.m.	Kaiser Perm.	G Keeble	\$50
181102	Fri	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$50

Minds in Motion \$23

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Áegis Living. *Register with Cayce at 206-615-0100.*

180937	Mon	2-3 p.m.	Miller	C Grekoff
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We offer all kinds of fitness classes to suit many needs.

Tai Chi

Tai Chi

Improve balance and posture, increase strength, and calm your mind.

All Levels

180939	Mon	11 a.m.-Noon	Miller	R Friedman	\$45
180940	Tue	10-11 a.m.	Queen Anne	E Baxa	\$50
180941	Thu	10:30-11:30 a.m.	Miller	E Baxa	\$50

Intermediate

180938	Thu	12:15-1:15 p.m.	Queen Anne	E Baxa	\$50
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"Tai Chi Chih®, Joy Through Movement!" \$41

Work through a slow moving meditative routine of 19 moves and 1 pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome. *Class runs 7/9-8/8. No Class 7/16.*

180942	M/W	Noon-1 p.m.	Miller	L Robinson
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FITNESS CLASSES

Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic.

Gentle Yoga

180923	Mon	10:30-11:30 a.m.	Miller	J Robin	\$50
181126	Tue	7:50-8:50 a.m.	Montlake	H Karrfalt	\$55
180934	Tue	1:30-2:30 p.m.	Miller	L Gardener	\$50
181127	Thu	7:50-8:50 a.m.	Montlake	H Karrfalt	\$55
180924	Thu	9:30-10:30 a.m.	Garfield	H Karrfalt	\$55
180935	Thu	1:30-2:30 p.m.	Miller	L Gardener	\$50
180925	Fri	10-11 a.m.	Belltown	H Karrfalt	\$55

Gentle Yoga: Drop-In

\$3 (Age 65+ \$2)

Wed 3-4 p.m. IDCC

Hatha Yoga Class on Wednesday begins 7/11.

180926	Mon	10-11 a.m.	Queen Anne	F Marazzi	\$50
180928	Wed	11 a.m.-Noon	Queen Anne	J Reed	\$50

Vini Yoga

180943	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	L Dunbar	\$55
180944	Fri	11 a.m.-Noon	Queen Anne	L Dunbar	\$55

Practicing balance is important for all!



RAINBOW RECREATION

Programs for LGBTQ Adults 50+

Seattle Parks and Recreation in partnership with Generations Aging With Pride is offering this slate of programs to our LGBTQ friends and allies as a result of community input.



We are looking for ideas and instructors to strengthen our course offerings to better serve this community! Please call Cheryl at 206-615-0619, or cell 206-450-9819, for more information.

Field Trips

Join us for fun and adventure! Departure sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 206-615-0619 for more information.

Deception Pass Picnic

\$15

A beautiful drive to a park that has it all—trees, trails, tide! *Bring a picnic lunch, and enjoy the day!*

180931	8/13	Mon	10 a.m.-4 p.m.
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*Enjoy a picnic with us at Deception Pass!
Photo by Kris Jones.*

Washington State Fair

\$15 + Fee

Do the Puyallup at the Washington State Fair! Smell the scones, the burgers, enjoy the displays, the livestock, and ride the ferris wheel! Lots of old fashioned fun! *Purchase your entry tickets in advance at Albertsons or Safeway for the best price. Lunch on your own.*

180932	9/10	Mon	10 a.m.-4 p.m.
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Wine Country Overnight

\$85 + Hotel

Explore Washington's wine country as we visit several wineries, and enjoy the sights. *Fee is for transportation only, please call Cheryl to get hotel information which you will book on your own.*

180933	9/19-9/21	Wed-Fri	10 a.m.-8 p.m.
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Fitness

EnhanceFitness

Classes run 7/9-9/14, see page 29 for details.

Instructor: G Keeble.

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

181108	Mon	3:15-4:15 p.m.	\$45
181122	Wed	3:15-4:15 p.m.	\$45
181102	Fri	3:15-4:15 p.m.	\$50

Fit and Strong

\$75

Participate in a fitness program for those who are just starting to exercise, have chronic pain, or want to educate themselves on why and how exercise is important. There will be 60 minutes of fitness, and 30 minutes of discussion, twice a week. Supported by a grant from the National Parks and Recreation Association, and the Arthritis Foundation. Scholarships available! Class runs 7/10-8/30.

181125	Tue/Thu	2:45-4:15 p.m.	Miller
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"T'ai Chi Chih®, Joy Through Movement!" \$41

Class runs 7/9-8/8, see page 29 for details.

Instructor: Linda Robinson.

180942	M/W	Noon-1 p.m.	Miller
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Gentle Yoga

\$50

Stretch your muscles and gain strength, flexibility, and balance as well as improve relaxation in this gentle yoga class for all fitness levels. Chair seated participants welcome. Classes run 7/10-9/13, see page 29 for details. Instructor: Laura Gardener.

180934	Tue	1:30-2:30 p.m.	Miller
180935	Thu	1:30-2:30 p.m.	Miller



John Hasslinger
Southwest
Interim Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Following trip registration, call 206-256-5403 to request your departure location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

High Point Community Center
6920 34th Ave. SW–
15 minutes before time listed.

Hiawatha Community Center
Departure at time listed on
Walnut Ave. SW, east of CC,
near parking area between CC
and West Seattle High School.
Community center address:
2700 California Ave. SW.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Seattle Storm Basketball

\$10 + Fee

Go Storm! Cheer for your home team in their effort to beat rival team LA Sparks. \$16 ticket fee due at registration. Once registered, promptly call Rec Spec to make game ticket arrangement; 206-684-7484. Register by June 29. Lunch on your own nearby, or bring a lunch.

180901 7/10 Tue 10:15 a.m.-4 p.m.

Kayaking Lake Washington

\$45

Kayak the beautiful waters of Lake Washington. This is a guided experience in one or two-person kayaks and is brought to you in conjunction with Sail Sandpoint. Attire: hat, sunblock, towel, shoes that can get wet. Bring a sack lunch and enjoy!

180897 7/20 Fri 9:30a.m.-2:30 p.m.

Mystery Trip?

\$10

Yes, we're resurrecting the famous trip where adventure is our destination. This is a day excursion to a local, outdoor spot. Suggestions: Take a hat, sunblock, walking shoes. Bring a lunch and spending money for incidentals.

180899 7/26 Thu 9:30 a.m.-3:30 p.m.



FIELD TRIPS

Cedar River Watershed

\$18

Join us for a rare opportunity to see the source of your drinking water! Travel by van to North Bend, and continue through the closed gates to visit the historic town of Cedar Falls, walk on the Masonry Dam, and eat lunch on the shores of Chester Morse Lake, Seattle's primary drinking water reservoir. Along the way, a naturalist will guide the tour, sharing the unique stories of the past, present, and future. *Be prepared to walk up to ¼ mile, on both even and uneven terrain. Please bring walking shoes, bottled water and layered clothing. Lunch on your own.*

180896 8/9 Thu 9:30 a.m.-3:30 p.m.

Bloedel Reserve Restorative Hike \$32 + Fee

It's off to Bainbridge Island for a strolling hike that will treat you to twelve distinct gardens, including a bird marsh teeming with life, a velvety-soft moss garden, an award-winning Japanese garden and guest house. The New York Times called this reserve "one of this country's most original and ambitious gardens." It's an ever-changing landscape with nature unfolding right before your eyes. Time in Winslow before we head back. Ferry fees included. *Bring \$17 for park admission fee, and a sack lunch.*

182272 8/16 Thu 8:30 a.m.-4:30 p.m.

Big Four Ice Caves

\$30

Discover the natural phenomenon that occurs on the north face of Big Four Mountain; as snow continues to melt from winter, it turns into waterfalls that melts more snow at the base, creating caves. The 2.2 miles is easy on a well maintained trail, with great views along the way. You are advised never to walk in or climb on caves. *Bring a lunch, bottled water, closed-toe walking shoes, layered clothing, and sunblock.*

180895 8/28 Tue 9 a.m.-4:30 p.m.

Northwest Trek Wildlife Park

\$25 + Fee

See bison, elk, moose, bighorn sheep, mountain goats, and more on this tram tour in Eatonville. We'll walk a paved path through the forest to see large predators-grizzlies, bears, grey wolves, bobcats, and more. All in a naturalistic environment. *Bring lunch or eat at the café on your own. \$23 admission fee additional on day of trip.*

182273 9/6 Thu 9:30 a.m.-6 p.m.



Come take a hike with us!

FIELD TRIPS

Progressive Picnic

\$20

Top off your summertime fun with a day of exploring as you visit three of Seattle's destination parks. You will enjoy a 'progressive picnic', including appetizers and drinks at Carkeek Park, BBQ lunch at Golden Gardens, and dessert at Green Lake. At each site there will be a history lesson on the park, live music or opportunities for activity! Transportation provided from your sector, limited spaces! Price includes entire meal.

180905 9/12 Wed 9:30 a.m.-4 p.m.

Hurricane Ridge—Intergenerational

\$80

A family friendly trip celebrating national parks day. It's time to breathe the mile-high fresh air of Hurricane Ridge! This mountainous area has a spectacular panoramic view of Olympic National Park and the Straits of Juan de Fuca. You'll feel like you're on top of the world! Easy to moderate trails, including a paved trail called the Hurricane Hill Trail that is about 1.6 miles long (one-way) with an elevation gain of 700 ft. The Hurricane Ridge Visitor Center offers several conveniences, like exhibits, gift-shop, and a snack bar. Park admission is free, and ferry fees included. *Departure/drop off location is Hiawatha CC only. Bring a lunch.*

180898 9/22 Sat 8 a.m.-8 p.m.

SPECIAL EVENTS

Green Lake CC Resource Fair

Free

Mark your calendar! This is the 3rd annual partnership event with Green Lake Community Center, Hearthstone/Village Cove, Green Lake Chamber, and new this year King Co. Health. Meet health and wellness vendors and providers, check your blood pressure, participate in exercise demonstrations, and more. Look and feel your best! For more information please visit www.greenlakewellnessfair.com.

9/8 Sat 10 a.m.-4 p.m. Green Lake

Alki Potluck

Free

It's your home-cooking that makes this meal special. Bring your favorite dish! Optional group beach walk to follow.

180906 9/12 Wed 11 a.m.-12:30 p.m. Alki

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Free

Meets the third Thursday of each month: 7/19, 8/16, and 9/20.

182277 Thu 1-2 p.m. High Point

Games

Strategy Board Games-Special Session

Free

The best games are both fun and work your brain. These games are linked to decreased incidence of dementia and Alzheimer's Disease! We'll also teach you how to download new games on your computer so you can play at home, too. *Please contact Leslie Howle at 206-684-0364, or email leslie.howle@seattle.gov to register.*

5/30-6/27 Thu 1-2:45 p.m. Delridge



Drop-In Bridge

Free

Drop-In play for bridge players.

Mon 9:30 a.m.-Noon Delridge

ARTS AND HANDWORK

Piano Lessons at High Point

\$20/half-hour

Private piano lessons taught by an experienced instructor who relates well to lifelong learners and takes pride in recognizing the creativity and musical potential in each of her students, no matter their level of play. Instructor: N. Carr.

Call High Point at 206-684-7422 to schedule available half-hour time slots. Scholarships available.

LIFELONG LEARNING

Delridge Rec Tech

Classes below take place at the Delridge Computer Lab. Contact Leslie Howle at 206-684-0364, or email leslie.howle@seattle.gov, with questions.

One-on-One Computer Tutoring Free
Need some help learning your way around your computer? One-on-one tutoring can help you work through any basic questions you have. Come on your own when it's convenient for you. Call the computer lab at 206-684-0364 to reserve time with the instructor.

Open Computer Lab Free
During open access hours, Rec Tech offers free time to use our technology resources for your own personal and professional needs.

M-Th 5-6 p.m. Delridge

Introduction to Digital Photography Free
Whether you use your smart phone or a digital camera to take photos, this class will help introduce you to the fundamentals of digital photography so you can take better photos this summer. During this two-day workshop four topics will be emphasized: camera operation, composition, lighting, and how to use photo editing software. If you have a camera or smart phone, bring it! Limit 6.

180903 6/13 + 6/20 Wed 1-3 p.m. Delridge

South Park Rec Tech

Classes below take place at the South Park Computer Lab. Contact Marcel Jones at 206-615-0981, or email marcel.jones@seattle.gov, with questions.

One-on-One Computer Tutoring Free
Receive personalized computer help by appointment. Learn basic internet use, how to use email and the internet safely, budgeting, social media, computer troubleshooting and more!

T/Th Noon-2 p.m. South Park

Open Computer Lab Free
Open Lab time for email, games, 3-D printing, and Photoshop. Call or email to Marcel Jones. No appointment necessary, drop-in participants are welcome!

M-F 11 a.m.-2 p.m. South Park

VOLUNTEER

Volunteer with US! Seattle Parks & Recreation relies heavily on your volunteer support to lead many programs for youth and families. If you are interested in sharing your time and skills with others, please contact john.hasslinger@seattle.gov.

DROP-IN SPORTS

Drop-In Pickleball Free
Delridge outdoor court only 6/25, 6/27, 7/30, 8/1, 8/27, and 8/29.

All Levels

Mon	10 a.m.-Noon	High Point
Mon	6-8 p.m.	High Point
M/W	10:30 a.m.-12:30 p.m.	Delridge
Wed	10 a.m.-Noon	High Point
Fri	9:45-11:45 a.m.	Hiawatha

Drop-In Outdoor Pickleball Free

All Levels

M/W/F	10 a.m.-12:30 p.m.	South Park
T/Th	12:30-2:30 p.m.	Delridge
Wed	5-7 p.m.	Delridge

Drop-In Volleyball Free
Delridge closed 6/26, 6/28, 7/31, 8/2, 8/28, and 8/30.

T/Th 10:30 a.m.-12:30 p.m. Delridge



FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music. *Class at Hiawatha meets 6 times and begins 7/10 with no class 7/24, 7/31, 8/21, and 8/28. Class at Alki meets 9 times and begins 7/10 with no class 8/28.*

All Levels

182280	Tue	10:15-11:15 a.m.	Hiawatha	L Reese	\$27
182278	Tue	6:30-7:30 p.m.	Alki	L Reese	\$41



NEW Rock-n-Rolling Summer Dance Party \$18

A fun aerobics class dancing to 60's, 70's, 80's and 90's R&B and Rock and Roll dance party songs. Forget your worries and relive those fun and wilder days gone by. No partners needed. *Class runs 7/9-7/31.*

182281	Mon	10-11 a.m.	Alki	M Jorgensen
182282	Tue	10-11 a.m.	Alki	M Jorgensen

Strength and Conditioning

Fitness at Alki

\$41

Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class. *Class runs 7/11-9/12, no class 8/8.*

180902	Wed	10-11 a.m.	Alki	M Dalzell
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Register online at www.seattle.gov/parks

Tai Chi

Tai Chi and Qigong Introduction

\$24

Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative qigong moves along with beginning steps of the original tai chi short form derived from the lineage of Master Cheng Man-Ch'ing. Both qigong and tai chi help restore ease of movement, balance, stability, relaxation, alignment, subtle strength, and stamina. Movements are slow and fluid. *Classes run 7/5-8/2. Classes will be held outdoors 7/5 and 7/26.*

180904	Thu	12:15-1:15 p.m.	Delridge	A Peizer
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Tai Chi and Qigong Review

\$37

This class is a continuation and review for students from fall, winter, or spring quarters. Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative qigong moves along with beginning steps of the original tai chi short form derived from the lineage of Master Cheng Man-Ch'ing. *Some classes are held outdoors. Classes run 7/6-9/14. No class 7/27, 8/10, 8/17.*

182283	Fri	9:45-10:45 a.m.	High Point	TBD
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Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

\$55

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

182275	Tue	9-10 a.m.	Delridge	J Reed
182276	Fri	11 a.m.-Noon	High Point	J Reed

Outdoor Fitness and Nature

Friday Morning Walks

Free

What's better than getting exercise with views of the sound, beach, and mountains? To sign up, call 206-256-5403, or email john.hasslinger@seattle.gov for more information.

182274	Fridays	9:30-10:30 a.m.	Alki Bathhouse
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Derryn Anderson
Southeast
Interim Recreation Specialist

206-684-7484 / cell 206-310-8163
derryn.anderson@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Departure Site Request:

Registered participants will be contacted 5 days prior to trip with date details and to confirm departure site. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

DEPARTURE SITES AND TIMES

Yesler Community Center

917 E Yesler Way–
30 minutes before time listed.

Rainier Community Center

4600 38th Ave. S–
15 minutes before time listed.

Jefferson Community Center

3801 Beacon Ave. S–
at listed time.

Rainier Beach Community Center and Pool

8825 Rainier Ave. S–
May be available upon request, call for time.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Blueberry Picking and Picnic

\$8

It's blueberry season! We'll head to the eastside to pick berries at Larsen Lake, a pesticide-free farm operated by the City of Bellevue. Bring a picnic lunch and take a stroll on walking paths by the lake after we've picked our fill. *Berries, other purchases, and lunch on your own.*

180996 7/13 Fri 10 a.m.-3 p.m.

Kayaking at Magnuson Park

\$45

Paddle the beautiful waters of Lake Washington. This is a guided experience in one or two-person kayaks and is brought to you in partnership with Sail Sandpoint. *Please bring a hat, sunblock, towel, shoes that can get wet, and a picnic lunch!*

181000 7/20 Fri 9:30 a.m.-2:30 p.m.

Fall City Wallaby Ranch

\$26

We're headed to Kangaroo Country—that's right, Fall City, WA! Price includes a tour of the ranch, a top breeder of kangaroos and wallabies, with a chance to learn about the operation and get up close and personal with the residents. *Lunch out on your own following.*

180997 7/27 Fri 9:15 a.m.-3:30 p.m.

Jetty Island

\$15

Dig out your beach umbrellas and get some sand between your toes! Enjoy a stroll on the beach or a dip in the warm, shallow waters of Jetty Island, a quick passenger ferry ride from Everett. *Bring a picnic lunch!*

180999 8/17 Fri 9 a.m.-3 p.m.

FIELD TRIPS

Kayaking at Magnuson Park \$45

Paddle the beautiful waters of Lake Washington. This is a guided experience in one or two-person kayaks and is brought to you in partnership with Sail Sandpoint. *Please bring a hat, sunblock, towel, shoes that can get wet, and a picnic lunch!*

181001 8/24 Fri 9:30 a.m.-2:30 p.m.

Franklin Falls Hike and Picnic \$15

Beat the summer heat with a day in the woods. This easy hike to Franklin Falls near Snoqualmie Pass is great rain or shine. *Bring your lunch to enjoy on the trail.*

181128 8/31 Fri 9:30 a.m.-3 p.m.

Monroe Swifts \$15

Each September, tens of thousands of Vaux's Swifts migrate through Washington, and we'll head up to Monroe to watch them gather and roost for the night at one of their chosen rest stops-in a decommissioned chimney! Time to explore historic downtown Monroe on your own. *Bring a picnic dinner, and a blanket or folding chair.*

181002 9/7 Fri 2-9 p.m.

Progressive Picnic \$20

Top off your summertime fun with a day of exploring as you visit three of Seattle's destination parks. You will enjoy a 'progressive picnic', including appetizers and drinks at Carkeek Park, bbq lunch at Golden Gardens, and dessert at Green Lake. At each site there will be a history lesson on the park, live music or opportunities for activity! Transportation provided from your sector, limited spaces! Price includes entire meal.

181003 9/12 Wed 9:30 a.m.-4 p.m.

SPECIAL EVENTS

BBQ and Lawn Bowling Free/

Suggested Donation

Volunteer instructors are on hand to give introductory lessons for all levels. *Bring a picnic item or non-alcoholic beverage, and enjoy the sunset while learning a new sport. Please wear flat-soled shoes, flip flops are okay!*

For more information please visit: seattlebowls.org, or contact Angelina Tolentino at president@seattlebowls.org, or 206-250-2157. \$5 suggested donation to Jefferson Park Lawn Bowling Club.

TBD 7/6-8/31 Fri 6-9 p.m. Jefferson Park Lawn Bowling Club

Single Senior Event \$15

Welcome to mix-and-mingle with new acquaintances, and reconnect with longtime friends over catered hors d'oeuvres and bubbly drinks. There will also be live music in the background for an inviting atmosphere during our fun meet-and-greet games and dancing.

Elks Cascade Lounge

181143 7/21 Sat 4-7 p.m.

Royal Esquire

181144 8/18 Sat 4-7 p.m.

Pritchard Beach Bathhouse

181145 9/15 Sat 4-7 p.m.

Summer Potluck and Bingo Free

You bring a dish to share, and I'll bring the hot dogs. After lunch, BINGO! Prizes for the winners. *Please register in advance.*

181096 8/17 Fri Noon-2:30 p.m. Jefferson

Fabulous Over 50 Luncheon Free

Receive community information, enjoy lunch, and play bingo. Thanks to our local sponsors, Park Place Assisted Living and Esperanza Apartments, this gathering happens once a quarter. *Registration required.*

182148 9/11 Tue 10:30 a.m.-1 p.m. Rainier



Come explore Lake Washington in a kayak with us!

Register online at www.seattle.gov/parks

Summer Quarter July 2-September 14

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SOCIAL PROGRAMS

Lunch Programs

Food and Fitness: Ethiopian/Eritrean

Enjoy lunch and social, educational, and fitness programs as you celebrate your culture and language. *Please call 206-684-4664 to reserve your meal.*

Thu/Sat 11 a.m.-1 p.m. Yesler

Games

Drop-In Bridge

Drop-In play for bridge players.

Wed 11 a.m.-2 p.m. Rainier

Drop-In Mah Jongg

Fun game using Chinese tiles. Bring your Mah Jongg set if you have one and a snack to share. Basic skill set needed for group play.

Thu Noon-2 p.m. Rainier

Mexican Train - Dominos

Come and learn how to play Mexican Train, aka Dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month: 4/26, 5/24, and 6/28.

Thu 7-9 p.m. Jefferson

ARTS AND HANDWORK

Needle Art Circle

Thu Noon-3 p.m. Jefferson

Quilting

Fri 11 a.m.-2 p.m. Jefferson

LIFELONG LEARNING

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. *Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.*

180907 9/13-9/14 Thu/Fri 10:30 a.m.-2:30 p.m. Rainier Beach

Ethiopian Vegan Cooking 101

\$20

Prepare delicious traditional Ethiopian dishes! After cooking, everyone sits down to enjoy the meal together. You'll leave with a few recipes and information on where to find ingredients.

181093 7/31 Tue 10 a.m.-1 p.m. Yesler



Interested in cooking? Try our Ethiopian Vegan Cooking 101 class and see what it's all about!

DROP-IN SPORTS

Drop-In Pickleball All Levels

T/Th	10 a.m.-1 p.m.	Free
T/Th	10 a.m.-Noon	Rainier Yesler
W/F	10 a.m.-Noon	Van Asselt

Competitive

Mon	9:30-11:45 a.m.	Jefferson
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FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$41

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing. *Class starts 7/18.*

180908	Wed	8:30-9:30 a.m.	Jefferson	T Duncan
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Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music. *No class on Friday 8/23.*

Beginner

181111	Thu	11:30 a.m.-12:30 p.m.	Van Asselt	L Reese	\$45
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Advanced-Beginner

181110	Thu	12:30-1 p.m.	Van Asselt	L Reese	\$25
181113	Fri	10-11 a.m.	Jefferson	M Chen	\$50

Intermediate

181112	Thu	1-2 p.m.	Van Asselt	L Reese	\$45
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Summer Walk and Tone \$50

An outdoor summer workout that includes walking and strength building exercises. Improve cardio and muscle strength while focusing on alignment, balance, and building stamina.

181129	Mon	8-9 a.m.	Rainier	Y Long
181130	Wed	8-9 a.m.	Rainier	Y Long

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy! *No class Monday 7/9.*

181103	Mon	Noon-1 p.m.	Jefferson	C House	\$50
181109	Fri	11 a.m.-Noon	Jefferson	C House	\$55

Strength and Conditioning



EnhanceFitness \$50

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter. Register in person or over the phone for all enhance fitness classes. Online registration is not available.*

180909	Mon	9:15-10:15 a.m.	Rainier	Y Long
180910	Wed	9:15-10:15 a.m.	Rainier	Y Long
180911	Thu	10-11 a.m.	Rainier	K McGeorge
180912	Fri	9:15-10:15 a.m.	Rainier	K McGeorge

Tai Chi and Yoga/Qigong

Tai Chi \$45

Improve balance and posture, increase strength, and calm your mind.

All Levels

181098	Tue	12:30-1:30 p.m.	Yesler	E Baxa
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Drop-In Tai Chi at Rainier Beach \$3

M/Th	9:30-10:30 a.m.	Rainier Beach	S Hiserman
------	-----------------	---------------	------------

Drop-In Yoga and Qigong Mix \$3

Yoga and Qigong will increase your strength, stability, and flexibility. We will move with our breath and bring our awareness to our body. This is a gentle class suitable for all ages and abilities and is perfect for stress reduction.

Wed	6-7 p.m.	Rainier Beach
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Cayce Cheairs
Dementia-Friendly
Recreation Specialist

206-615-0100 / cell 206-786-2365
cayce.cheairs@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs specially designed for, and celebrating the strengths of, people living with dementia. Many of these programs have been inspired and developed by community members living with dementia and care partners. We welcome ideas and feedback from the community.

Most of our programs are geared toward those living with Early Stage Memory Loss, unless otherwise noted. One care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs, or the contact person noted in the description.

Receive monthly updates!

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the monthly Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

SPECIAL EVENT

Camp Momentia

\$20

Enjoy a day of exploration, creativity, and community at historical Camp Long in West Seattle! This inclusive day camp experience is for people living with memory loss and family and friends and includes refreshments, lunch, and s'mores around the campfire. Van transportation provided from north and south Seattle. Offered in partnership with Greenwood Senior Center, Senior Center of West Seattle, and Providence Mount St. Vincent. Sponsored by Aegis on Madison and West Seattle Quail Park. *One-day registration only. Register by 8/29.*

Location: Camp Long, 5200 35th Ave. SW

9/15	Saturday	10 a.m.-3 p.m.
9/16*	Sunday	10 a.m.-3 p.m.

* Family Friendly, youth 9 years and older welcome!



SOCIAL PROGRAMS

Momentia Mondays

Free
Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC), Elderwise, and Taproot Theatre. Please call the SESSC to confirm the program details, at 206-722-0317.

Location: SESSC, 4655 S Holly St.

Mondays 10:30-11:30 a.m.

West Seattle Momentia Mix

Free
Explore, create, and connect each month at Camp Long! Enjoy socializing, light refreshments, and rotating activities, such as music, movement, improv, art, BINGO, and more. Offered in partnership with Providence Mount St. Vincent, Quail Park Memory Care, Senior Center of West Seattle. *No registration required. Call Cayce with questions.*

Location: Senior Center of West Seattle, 4217 SW Oregon St.

7/28, 8/25 4th Saturdays 10:30 a.m.-Noon

In September, join us at Camp Momentia (Special Event, see page 40)!

CREATIVE ENGAGEMENT

Friendly Folk Dance

Free
*New location at Southeast Seattle Senior Center (SESSC), as a part of Momentia Mondays!

"Travel the world" in this inclusive dance experience for people living with memory loss and care partners. Teaching artist and folk dance master, Susan Wickett-Ford, leads simple moves with inspiring music from around the world. All abilities welcome, seated dance options available. Offered in partnership with Silver Kite Community Arts and SESSC, sponsored by Áegis Living. Call SESSC to confirm program details at 206-722-0317.

Location: SESSC, 4655 S Holly St.

7/9, 7/23, 8/13, 9/10 Mondays 10:30 a.m.-Noon

FITNESS

Minds In Motion

\$23
Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Áegis Living. *Register with Cayce at 206-615-0100. No class 9/3.*

Instructor: C Grekoff.

7/2-9/10 Mondays 2-3 p.m. Miller CC

Register online at www.seattle.gov/parks



Connect and have fun at Momentia Mondays!

OUTDOOR RECREATION

Garden Discovery Walks

Free
Savor the season with monthly walks through Seattle public gardens, followed by a creative, nature-inspired activity developed by registered horticulture therapist, Laura Rumpf. Light refreshments provided, bring a bag lunch (optional). Offered in partnership with UW Memory and Brain Wellness Center. *Registration required, contact Cayce for more information.*

7/6, 8/3, 9/7 1st Fridays 10 a.m.-Noon Various Locations

Out and About Walks

Free
Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby cafe. *Registration required, contact Cayce for more information.*

2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

Early Stage Memory Loss Zoo Walk

Free
Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868.*

Monday and Wednesday mornings Woodland Park Zoo

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in Seattle, visit: www.momentiasseattle.org.



Tamara Keefe
Sound Steps
Program Coordinator

206-684-4664 /
cell 206-399-4655

sound.steps@seattle.gov



Stay Connected!

- Follow us on Facebook.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com.
- Email sound.steps@seattle.gov to receive the E-newsletter.

Sound Steps is a community-driven walking program designed for all levels of walkers. Whether you are just starting out, or have already walked marathons, there is a group for you!

Please register for programs using the barcode provided. See page 43 for registration information or call the program coordinator if you have questions.

Hikes: Levels of Difficulty



Easy -

paved, smooth and fairly level trail surface; recommended for beginners



Moderate -

some hills; exposed roots and rocks possible



Challenging -

some difficult terrain; hills or stairs



Difficult -

steep hills, significant elevation gain; for advanced hikers

HIKES AND TRIPS

Enjoy the great outdoors! Two regular departure sites:

SOUTHEND: Jefferson Community Center

NORTHEND: 8061 Densmore Ave. N

Departure times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

Twin Falls



\$25

Begin along the river among ferns, moss, and trees, leading to various views of the falls, and up and down the river valley. 2.6 miles roundtrip, 500 feet of elevation gain, and beautiful! Return time 2 p.m..

180875	7/2	Mon	Densmore:	9 a.m.
			Jefferson CC:	9:30 a.m.

Lake 22



\$25

This North Cascades lake hike combines the best of mountain rainforests, old-growth, wetlands, and views. 5.4 miles, 1350 ft elevation gain. Return time 4:30 p.m..

180874	8/6	Mon	Jefferson CC:	9 a.m.
			Densmore:	9:30 a.m.

Whistle Lake



\$30

In the heart of Fidalgo Island lies a gem of a forest with wetlands, lakes, and rocky meadows with great views. Lots of inviting vistas and lunch spots on the 4 mile loop. 500 feet elevation gain. Return time 4 p.m..

180876	9/10	Mon	Jefferson CC:	9 a.m.
			Densmore:	9:30 a.m.



EVENTS



JOIN US

**For an Age Friendly Seattle
Pedestrian Potluck + Mobility Fair!**

WHEN

Tuesday, September 18, 2018 11 AM - 1 PM

WHERE

Alki Beach Park Bathhouse
2701 Alki Ave SW
Seattle, WA 98116

RSVPs appreciated!



For transit info call 206-553-3000, or visit tripplanner.kingcounty.gov.

Contact

To RSVP, or if you have any questions, please contact Tamara Keefe at tamara.keefe@seattle.gov, or 206-684-4664.

WHAT

A fun and free end of summer potluck for all ages. Learn about pedestrian safety, options for getting around, and pick up free safety swag. We'll provide a main dish and drinks. Feel free to bring a side dish to share!



Seattle
Department of
Transportation

VISION
ZERO
SAFER STREETS FOR SEATTLE



Seattle
Parks & Recreation



WEEKLY WALKS - NORTH

Ballard Sound Steps

Enjoy varied marine activity along the Lake Washington Ship Canal including tugs, barges, sail boats, cabin cruisers and crew boats, as well as Canada Geese, Great Blue Heron and other birds. 3 miles, flat, paved Burke-Gilman Trail. Moderate pace. Meet at the Ballard Fred Meyer main entrance, 915 NW 45th St..

180870 Mon 9:30-10:30 a.m. Fred Meyer

Carkeek Park Hike

3 miles, some hills, natural surface forest trails with views of Puget Sound and occasional forays through adjacent streets. Moderate pace. Meet at Eddie McAbee entrance, NW 100th and 6th Ave. NW.

180871 Wed 10-11:30 a.m. Eddie McAbee entrance

Senior Zoo Walkers

\$20/13 wks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15 a.m. *Sign up online:* <http://www.zoo.org/seniorzoo walkers>. Meet at Woodland Park Zoo, South Gate, 50th and Fremont.

T/Th 9:15-11 a.m. Woodland Park Zoo

Green Lake Loopers

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. *RSVP to WCSC: 206-461-7825.*

180873 Fri 1:30 p.m. Green Lake

North Greenwood Sound Steps

3 miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N (*Diva Espresso at the northernmost end of Greenwood Ave.*). *Call Nancy at 206-851-6860 if you'd like more information.*

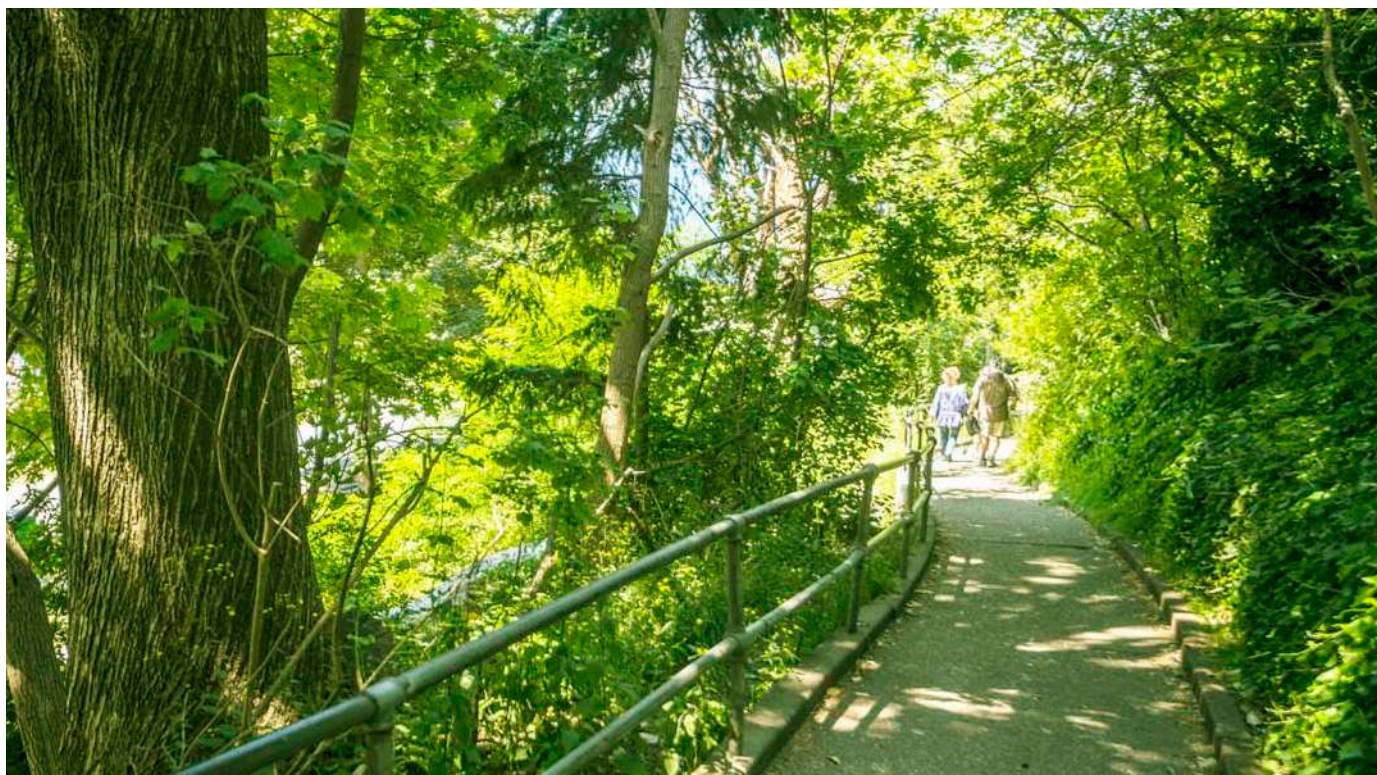
180879 Mon 9:30-10:30 a.m.

Sound Steps Strollers

Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

180884 Sat 9 a.m. Northgate Mall





Lincoln Park has some beautiful walks beneath tall trees.

WEEKLY WALKS - NORTH

Magnuson Park

All ages welcome! Walk with a group as we explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. *Please call Anu before attending at 505-412-0274.* Meet outside Sand Point Tennis Center Entrance.

180878 Sun 10 a.m. Magnuson Park

WEEKLY WALKS - CENTRAL

NEW Space Needle Loop

Walk the 1.5-mile loop from Brookdale Queen Anne to the Space Needle/Seattle Center at a gentle or moderate pace. Some small hills. Meet at 805 4th Ave. N, Seattle, WA 98019 on Saturday mornings at 10:30 a.m.. Light refreshments will be provided after the walk. Call Michael Tubbs at 206-284-0055 for more information.

182151 Sat 10:30-11:30 a.m. 805 4th Ave. N

Pike Place Market Sound Steps

3 miles, flat, paved with waterfront views. At your own pace. Meet at the Pike Market pig.

180882 Thu 10-11 a.m. 85 Pike St.

Discovery Park Sound Steps

2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

180872 Fri 10-11 a.m. Discovery Park

WEEKLY WALKS - SOUTH/WEST

Lincoln Park Sound Steps

3 miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the south end of the north parking lot.

180877 Mon 10-11:15 a.m. Lincoln Park

Rainier Beach Indoor Walk

Walk laps to music inside the gym at your own pace. Walk will take place outdoors on 9/4 and 9/5.

180883 T/W 10-11 a.m. Rainier Beach CC

SOUND STRIDERS

Enjoy faster, longer walks?

Free

Join 'Sound Striders' for 5 to 6-mile moderately-paced walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m. Each month we explore a different Seattle neighborhood. Call 206-684-4664 for current walk locations, or view on the blog, under [Weekly Walking Groups>Sound Striders](#).

NORTH Striders Tuesdays

180880

SOUTH Striders Thursdays

180885

WALKS WITH DOGS

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.



Magnolia Village to a Secluded Beach

Meet at Magnolia Village Starbuck's, 3300 W McGraw St..

7/10 Tue 11 a.m.

Interlaken Park on North Capitol Hill

Meet at Vios Café, 903 19th Ave. E at E Aloha St..

7/24 Tue 11 a.m.

Ravenna Park Trails

Meet at Cowen Park Café/Grocery, corner of NE Ravenna Blvd. and Brooklyn Ave. NE.

8/7 Tue 11 a.m.

I-90 Tunnel to Lake Washington

Meet at Judkins Park restrooms, 2150 S Norman St., 1 block east of 23rd Ave. S.

8/21 Tue 11 a.m.

Llandover Woods

Meet in the parking lot at 145th St. N and 3rd Ave. NW.

9/4 Tue 11 a.m.

Schmitz Park Plus a Seattle Parks' Event on Alki Beach

Meet at Alki Community Center, 5817 SW Stevens St..

9/18 Tue 11 a.m.

CITYWIDE EVENT

SEATTLE WATERSHED WALKS

What are the pathways through neighborhoods of all the urban creeks that feed the Puget Sound and Lake Washington? Do these pathways not only feed our large bodies of water but feed our lives as well? Discover urban watersheds and our connection to them with a Seattle Urban Naturalist.

Participants meet at a parking area and then travel by van to various sites.

Walk 1: Thornton Creek

When: 7/19 10 a.m.-Noon

Where: Meet at Meadowbrook Community Center.

Walk 2: Longfellow Creek

When: 8/16 10 a.m.-Noon

Where: Meet at Camp Long.

Cost: \$20/session, or \$32 for both sessions

Register with code number 181597

WANTED!

Volunteer Van Drivers!

We need a new group of volunteer drivers to help us out on our great trips! Volunteers receive training, and admission and lunch on the trips they drive for. Add to that the opportunity to see new things, go new places, and enjoy great company! If you would be interested, or you know someone who might be interested, please spread the word! Must have a good driving record, be willing to drive a 14 passenger van, have a driver's license and participate in training, which includes first aid/CPR, city drivers training, and on the road training to familiarize drivers with the vans.

Questions? Contact Cheryl 206-615-0619.



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please call the Lifelong Recreation Office at 206-684-4951.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, mah jongg group.
- Be a field trip van driver.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council - see above.

COMMUNITY RESOURCES

Senior Coffee Hours

The Mayor's Office for Senior Citizens' Coffee Hours is free and brings community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month, from 10-11 a.m., in the Central Building Conference Room, on the 1st floor at 810-3rd Ave. (between Columbia and Marion St).

Dates/speakers are TBA. Call 206-684-0500 to verify dates/times, or email seniors@seattle.gov.



Community!

Age-Friendly Seattle

The City of Seattle is taking steps to establish itself as an age-friendly city!

What is an age-friendly city?

It is a community in which people can grow up with ease. The World Health Organization has determined that there are 8 domains of livability:



1. outdoor spaces and buildings
2. transportation
3. housing
4. social participation
5. respect and social inclusion
6. recreation, civic participation, and employment
7. communication and information
8. community and health services

Using these guidelines, Seattle is in the process of creating an Age-Friendly Seattle Action Plan. Visit <http://www.seattle.gov/agefriendly> to learn more.

RESOURCES

Agency	Website	Telephone
Asian Counseling and Referral Service	Acrs.org	206-695-7606
Chinese Information and Service Center	Cisc-seattle.org	206-624-5633
Community Living Connections	Communitylivingconnections.org	1-844-348-5464
Generations Aging with Pride	Gapseattle.org	206-495-8312
Neighborcare Health	Neighborcare.org	206-461-6935
Neighborhood House	Nhwa.org	206-461-8430
Refugee Women's Alliance	Rewa.org	206-721-0243
SeaMar	Seamar.org	206-763-5277
Sound Generations	Sound.generations.org	206-448-5757

SENIOR CENTERS

Senior Center Programs

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Ballard Senior Center

Ice Cream Social

Enjoy a delicious ice cream social at the Ballard Senior Center.

When: Friday, 8/3, 2-4 p.m.

Cost: Free

Southeast Seattle Senior Center

Community Dining Lunch

Chef Sharon Smith and volunteers make fresh lunches. Monthly menu available at the front desk.

When: Mon-Fri, Noon-12:45 p.m.

Cost: Age 60+: \$3 suggested donation/others: \$6

Regular Bingo

Enjoy a classic game of bingo!

When: Wednesdays 12:30-3 p.m.

Cost: \$5 buy-in, \$3 if you bring a new player

Rainbow Bingo

Join the fantastic Ms. Sylvia O'Stay for prizes and pandemonium to raise money for the center's programs.

When: *1960s Theme*

July 13, Friday 6-9 p.m.

Athletic Supporter Theme

September 14, Friday 6-9 p.m.

Cost: \$20 in advance/\$25 at the door

West Seattle Senior Center

Second Thursday OUT!

6 p.m. every second Thursday of the month. LGBTQ social for those over 50 and their supporters. Call 206-932-4044 x3 for more info.

Senior Center Locations

Ballard NW Senior Center

5429 32nd Ave. NW 98107

Tel: 206-297-0403

ballardseniorcenter.org

Central Senior Center

500 30th Ave. S 98144

Tel: 206-726-4926

centralareasrcenter.org

Greenwood Senior Center

525 N 85th St. 98103

Tel: 206-297-0875

phinneycenter.org/gsc

Lake City Community Center

12531 28th Ave. NE 98125

Tel: 206-268-6738

lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200 98101

Tel: 206-728-2773

pikemarketseniorcenter.org

Southeast Seattle Senior Center

4655 S Holly St. 98118

Tel: 206-722-0317

sessc.org

South Park Senior Center

8201 10th Ave. S 98108

Tel: 206-767-3650

spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St. 98104

Tel: 206-624-5633

cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N 98103

Tel: 206-461-7825

wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St. 98116

Tel: 206-932-4044

sc-ws.org

REGISTRATION - Online, in Person, by Phone, and by Mail



ONLINE

1. Visit www.seattle.gov/parks.
2. Click on "Sign up for Classes and Programs (SPARC)".
3. Follow the on-screen instructions to register.
4. Pay by credit card. We accept Visa, MasterCard, and American Express. In order to make your online registration go as smoothly as possible, please set up an account 24 hours before registering at www.seattle.gov/parks/ and click on "Sign up for Classes and Programs (SPARC)".



IN PERSON

1. Visit your local community center.
2. Pay by cash, check, or credit card. We accept Visa, MasterCard, and American Express.



BY PHONE

Call your recreation specialist.



BY MAIL

Mail in your check, payable to City of Seattle, to 4554 NE 41st St., Seattle, WA 98105, with the registration form below.

Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Christopher Williams, Acting Superintendent

Katie Gray, Acting Director of Recreation

Brenda Kramer, Manager Lifelong Recreation Programs

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619

Dena Schuler, Management Systems Analyst, 206-615-1884

Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit bit.ly/SPRScholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891

REGISTRATION FORM

Class/Trip Number	Class/Trip Name	Date	Day	Time	Amount
					\$
					\$
					\$
					\$
					\$
Total Amount (payable to <u>City of Seattle</u>)					\$

Name _____

Address _____

Telephone _____

Email _____

Date of Birth _____

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

healthy people healthy environment strong communities

Lifelong Recreation

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Seattle, WA 98105

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DISCOVER CUBA!

Travel with Collette

Travel to Cuba with us in this "People to People" tour, and experience the sights and sounds in a trip you won't soon forget! Your trip includes beautiful beaches, music and dance, and a close look at the people and places that make travel to Cuba a once in a lifetime opportunity. You will stay in a hotel on the pristine beaches of Cayo Santa Maria, take a Salsa lesson, meet the band members of a Piquete band, spend 4 nights in Havana, meet the owners of a small specialty restaurant with its own organic farm, and much more.

To find out how to join us, attend one of our presentations! Please call in advance to reserve a spot with the registration numbers below:

Where	When	Register
Northgate CC:	Tuesday, June 5 at 1 p.m.	181598
Rainier CC:	Thursday, June 7, at 11 a.m.	181779
Magnolia CC:	Thursday, June 7 at 1 p.m.	181757

